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COUNCIL UNDER
FIRE OVER
**CRACKED
PAVEMENT**
PAGE 4



**FACELIFT FOR
POPULAR
BEAUTY SPOT**
PAGES 6&7

'Hands off our buses'



PLANS TO CUT
SERVICES 'WILL HIT
VULNERABLE' - P5

ROBERT HALFON MP

WOULD LIKE TO WISH HARLOW AND THE VILLAGES
A VERY HAPPY NEW YEAR

WORKING HARD FOR HARLOW

Published by Simon Carter on behalf of Harlow Conservatives and Robert Halfon MP, all at the Harlow Enterprise Hub, Edinburgh Way, Harlow, CM20 2HQ

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STAN & OLLIE PAGE 29

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- Genesis, 3 High Street, Old Harlow
- Kings, Unit 4, Church Langley Way, Harlow
- Kings, 19 East Gate, Harlow
- Geoffrey Matthews, 47 High Street, Old Harlow
- Guardian, Post Office Walk, Harlow
- Haart, 4 West Gate, Harlow
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CONTACTS



Editor Alan Woods
Post Harlow Star, Kestrel House, Hedgerows Business Park, Chelmsford, Essex, CM2 5PF
Phone Newsdesk 01245 602730
Email newsdesk@essexlive.news
Advertising
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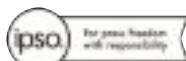
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NEAR YOU
MUSIC, THEATRE,
COMEDY... AND
MORE

Irish music star Nathan Carter will play in Harlow later this month
EMYLIE HOWIE

BACK TO THE 80S

THE BEST OF WHAM! The Spotlight, Broxbourne, Saturday, January 19, 8pm

■ Featuring the best of George, Andrew, Pepsi and Shirlie, with sensational vocals, choreography, costumes and a live band. The Best of Wham! includes all the hits, a few B side favourites and a couple of early George Michael bonus songs.

Ben Evans stars as George Michael. Ben has a wealth of experience both on screen and on stage.

This tour is proving very successful and is selling out fast. Tickets: £25.50. Call the box office on 01992 441946 or book online at thespotlight.ticketsolve.com/shows/29268.

MAGNIFICENT MACHINE

HERTFORD SYMPHONY ORCHESTRA - MACHINES! Hertford Theatre, Saturday, February 3 at 2.30 and 4.15pm

■ The Robert Kiln Concerts for Children - Join Tom Hammond and Hertford Symphony Orchestra as they rebuild their Magnificent Musical Machine.

Children are invited to come in machine-related fancy dress... robots, vehicles, toys, and to bring their musical instruments.

There will be plenty of audience participation at the orchestra's annual children's concert. Families should buy their tickets early as these concerts sell out fast.

Tickets: £8 adults, £5 children (includes £1 theatre booking fee). Box office 01992 531500 or online at www.hertfordtheatre.com

SIXTH APPEAL

TCHAIKOVSKY'S SIXTH - INSIDE THE



Peter Ruffles will conduct a tour of Folly Island
ALISON JENKINS

ORCHESTRA: Memorial Hall, Bishop's Stortford College, Maze Green Road, CM23 2PJ, Sunday, January 27 AT 3.30pm

■ Following the successful launch of Inside the Orchestra last year, there's another opportunity to take a passenger seat in the orchestra, this time for Tchaikovsky's Pathétique Symphony.

Rebecca Miller will lead a workshop that will reveal the challenges for the orchestra of playing this dramatic work, and some of the story behind the composition of one of the most deeply personal and emotionally charged symphonies in the repertoire.

Tickets: £17 /students £5 /children under 18 free. Early bird booking discount - full price tickets available for £15 if purchased online by January 24.

Tickets are available on the door or online in advance from www.ticketsource.co.uk/date/588442.

bishopstortfordsinfonia.com

EMERALD ISLE JEWEL

NATHAN CARTER - BORN FOR THE ROAD: Harlow Playhouse, Thursday, January 24 at 7.30pm

■ Nathan Carter is one of the biggest names on the Irish music scene and is fast becoming a big name all over the UK. Nathan performs an array of original songs and covers which show the tone and range of his vocal ability which, on occasion emotes clearly his own passion for the songs and what being Irish means to him.

Since his appearance on BBC 1's The One Show back in August, his profile on this side of the Irish Sea has grown immeasurably.

Nathan is an expert accordion player so you can expect a bit of hand clapping, foot tapping hooley as well and this friendly and good looking young man will perform a superbly entertaining show that will make you want to see him again.

Visit www.theatresonline.com/theatres/harlow-theatres/harlow-playhouse for further information and tickets.

FOLLY ISLAND WALK

GUIDED WALK: Hertford Museum, 18 Bull Plain on Sunday, January 13 at 11am

■ Join local personality Peter Ruffles for a guided walk of Folly Island and discover how Hertford's industrial heart became one of its most popular residential areas.

All walks begin at 11am prompt at the museum. Booking is essential. £2 per person payable in advance (booking fee applies).

Call the box office: 01992 582686 or visit www.ticketsource.co.uk/date/588442.

News



One of steampunk photographer Gary Nicholls' pictures

You're never too late to snap to it and follow your dreams

PHOTOGRAPHER GARY DISCOVERS HIS PASSION LATE IN LIFE

By KATIE SEWELL

[@EssexLive](mailto:newsdesk@essexlive.news)

PHOTOGRAPHER Gary Nicholls thinks it's never too late to find your passion in life.

"Go for it," he says. "What I would say is, age isn't a barrier at all to anything you want to do... go and do it now - and be selfish about it."

Gary is one of the UK's most respected steampunk fine art photographers, and will be coming to Harlow to demonstrate first-hand how he brings his art to life.

Now nearly 60, he discovered his love for photography later in life. His genre is steampunk - a branch of science fiction inspired by steam-powered machinery from the 19th century.

It's an artistic theme used in films such as *The League of Extraordinary Gentlemen*, and was also used in London's Paralympics closing ceremony in 2012.

The photographer was born in Rochford but lived in Southend until the age of 18, where he attended Southend Technical College.

He attended art classes at night school, and went on to teach design



Models pose for one of Gary's photographs

technology at a secondary school. Although he discovered his passion for photography later in life, Gary was exposed to the art from a young age.

His father was a member of the Leigh-on-Sea Camera Club and he received his first camera at the age of four.

It wasn't until 2012 when he attended the Asylum Steampunk Festival in Lincoln - the largest steampunk festival in the world

- that he realised his creative calling. To date he has had exhibitions in Germany, Belgium, Glasgow and Dublin, and has been invited to speak at numerous events across the UK.

Essex, however, holds a special place in his heart.

"In Essex, in particular, they listen," he said.

"I want to inspire people to at least try, the worst that can happen is you'll learn something."

Gary
Nicholls

Age isn't a barrier at all to anything you want to do - and be selfish about it

“

Gary will be giving a talk at the Harlow Photographic Society on Thursday, January 24, to be hosted at the Moot House at The Stow.

The visit will be the photographer's third visit to Harlow, and all are welcome to come along.

The artist will be discussing his recent work, *The Imaginarium*, which was inspired by the imaginarium's Victorian-era England, which were places people would visit to be shocked and amazed by the spectacles on display. The first volume of *The Imaginarium* trilogy, *Eva's Story*, tells the tale of a girl on a journey from ruination to salvation, through 150 fine art images.

The talk will also involve a studio demonstration of how he creates his images, and he will be coaching the audience on how he edits his work.

Gary, an ex-teacher, added: "With me it's much more about how I listen," he said.

"I want to inspire people to at least try, the worst that can happen is you'll learn something."



Gary will give a talk to Harlow Photographic Society at the Moot House at The Stow

Police make arrest after alleged rape in Northbrooks

POLICE are investigating a report a woman being raped at an address in Northbrooks, Harlow on Monday.

Enquiries are ongoing and the

victim is being supported by specialist officers.

A spokesperson for Essex Police said they did not believe there was a risk to the

wider public.

A 22-year-old man has been arrested on suspicion of rape and is currently on custody. Anyone with any information

about the incident should call police on 101 quoting incident 661 of January 8 or call Crimestoppers anonymously on 0800 555 111.

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News



Colin Morris with neighbour Joan O'Neil on the cracked path
MARTINE XERRI

'My wife had an epileptic fit after falling on damaged pavement'



The unrepaired pavement near Mr Morris's home

COUNCIL BLASTED FOR NOT REPAIRING SURFACE

By JAMES GREGORY

james.gregory@reachplc.com
@jgregorynews

A HUSBAND has slammed a council after claiming his wife suffered an epileptic fit when she fell into a cracked pavement that hadn't been repaired.

Colin Morris, of Clover Field in Harlow, says the path on Commonside Road, the adjacent road, is not safe for residents to walk on after the incident is alleged to have happened last month.

Mr Morris and his wife, who did not wish to be named, parked up their car next to the cracked path, but because it was late at night could not see the damage until it was too late.

"I could not park outside my home and it was dark and I forgot about the pavement,"

said the 53-year-old.

"My wife got out of the car, she fell over and gashed her leg. She put her foot right in it - I helped her inside and she had an epileptic fit."

Cracked pavements and potholes fall under the responsibility of Essex Highways, a partnership between Ringway Jacobs and Essex County Council.

The highways team carries out inspections of the roads and prioritises the repairs it makes.

Mr Morris claims the issue was raised with Essex Highways in June 2018, and again after the recent incident, but the engineers did not timetable a response time to repair it, because it was not considered serious enough.

He added: "I have asked the council for

six months - they have said the subcontractors have looked at it and deemed it low priority. It seems that until someone actually seriously hurts themselves they will not repair it."

A spokesperson for Essex County Council said: "We are very sorry to hear about this woman's accident and hope she makes a full recovery."

"There are a few cracks in the pavement surface in the area, but we haven't found any urgent issues to date."

"We re-inspect all sites where people report an accident. Our inspector will check the situation and if necessary make any repairs."

"We would encourage residents to report any new problems or issues that get any worse online at essex.gov.uk/highways."

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HOW ESSEX IS BUCKING THE NATIONAL TREND

THE latest RAC Index showed the number of reported potholes has risen by 44 per cent across England, Scotland and Wales between 2015 and 2017, with more than half a million being reported across the country.

However, Essex bucks the trend compared to the national scene. The data showed that there were 15,085 potholes reported in Essex in 2015.

Compare that to 2017 and there were only 8,237 road defects reported - a 45 per cent decrease over two years. Councillor Kevin Bentley,

Deputy Leader and Cabinet Member for Infrastructure at Essex County Council, said: "This is fantastic news for Essex and testament to the hard work of our highways crews over the past few years."

"The report shows that Essex has bucked the national trend with a 45 per cent decrease over the last two years in the number of potholes reported."

"The numbers speak for themselves and I'm proud of the progress we've made."

"We are not complacent however, we know there is more



work to be done. This year we welcomed an additional £11 million funding from the Government and are using this to trial new approaches to fix even more potholes across the network."

"We've already seen an extra 3,000 potholes fixed since the end of October and 250 miles

of Essex roads resurfaced this year as a result."

"While budget constraints on road maintenance will remain very tight, the work carried out this year means we are in a favourable position heading into 2019 and I feel confident that the network will be able to cope should we be faced with more extreme weather like we experienced earlier this year."

"I'd like to encourage local people to help us improve our roads even further, by continuing to report potholes in their area online via our website."



'Vulnerable will be worst hit by bus service cuts' says Labour

By JAMES GREGORY

james.gregory@reachplc.com
@jgregorynews

CUTS to bus routes across Harlow will "hit the vulnerable the hardest".

That's according to Labour's parliamentary candidate Laura McAlpine, who criticised the proposed Essex County Council (ECC) cuts to evening and Sunday services.

The council launched a consultation on December 19, to review whether some subsidised services should be cut.

It is part of ECC's plans to "reinvent" the service across the county and focus money on other areas which may need it more.

For Harlow, Arriva bus routes one, two, four, six, eight and ten will be affected, as well as other buses coming into the town.

The proposed cuts are only for buses after 10pm and on Sundays and bank holidays.

Ms McAlpine said: "Yet again Harlow will suffer because of the bad decisions made by Essex County Council and the cuts from this Conservative government."

The plans suggested in the consultation will have a very bad effect on our passengers.

"We are already served by an overpriced, unreliable service."

"ECC should look at how it can make our bus services more efficient - the answer is not to cut them."

"Since the deregulation and privatisation of our bus services, our

CONSULTATION PROCESS IS NOW UNDER WAY

fares have increased and our routes have been cut.

"The Government will not allow local councils like Harlow to establish our own publicly run services, so the alternative is the relentless cutting and reduction of so many vital routes."

She said the "most vulnerable" will be hit the hardest.

"Social isolation is a big problem in Harlow and unfortunately, the cutting of these routes will only add to that problem," she added.

"Essex County Council is obsessed with cutting vital services - three of Harlow's five libraries are under attack and now many will be left without a bus service."

"I would encourage as many people in Harlow and across Essex to take part in the consultation."

There are currently 37 local bus operators which run around 85 per cent of the bus network in Essex, from large companies to smaller, family-run businesses.

The remaining 15 per cent of ser-

vices are not commercially viable and are therefore subsidised by the county council.

The council says these subsidised services may not be providing the best value for money and a review will now take place to decide whether they should continue in their current form or scrapped.

It also says continued financial pressure means that unless it changes its outlook towards the service, it will not succeed in delivering an adequate bus network for Essex.

Councillor Ray Gooding, cabinet member on ECC, said: "We have a strong record of supporting local bus services particularly in comparison with other local transport authorities who have significantly reduced the level of support that they offer."

"At present, we spend around £9 million of taxpayers' money on these services each year."

"However, with the number

of passengers in some cases falling below six per journey, coupled with strong financial pressure on all local government funding, means that we have to look very carefully at how we provide our services to ensure that the limited funding available is focused where it will do most good and where the local communities need it."

An Essex County Council spokesperson added: "The consultation into local bus services is looking at how important evening and Sunday services are to the county's resi-

dents. With low passenger numbers on some services the council wants to understand how residents are using local bus services and explore how we might develop the right type of service to meet the travel needs of residents and visitors."

"No decisions have been made on the future of these services therefore we would encourage residents to have their say by completing the consultation at essex.gov.uk/local-bus-consultation or over the phone by calling 03457 430 430."

"Paper versions are also available to collect from all libraries and on request by e-mailing passenger.transport@essex.gov.uk."

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News

Popular beauty spot to get a new year spruce up and be 'a place to be proud of once again'



Netteswell Pond pictured in 1950

By SIMON MURFITT

simon.murfitt@reachplc.com
@simonmurfitt1

HARLOW Council has announced plans for the restoration of one of the town's tranquil beauty spots and fishing facilities.

The much-loved and iconic Netteswell Pond, off Second Avenue, is to be restored this year with funding from Harlow Council and Essex County Council.

The project follows the similar restoration over the last two years of another

HARLOW COUNCIL ANNOUNCES RESTORATION WORK WILL TAKE PLACE AT NETTESWELL POND

of Harlow's beauty spots at Oakwood Pond.

Councillor Danny Purton, Harlow Council Portfolio Holder for Environment, said: "I am delighted that at the beginning of the new year we can announce this new project to bring life back to one of Harlow's iconic pond areas.

"The pond holds fond memories for local people and it should become a place to be proud of once again so new memories can be created for local families."

"I know residents will agree that this area is in need of some TLC to create a pleasant environment where families and local people can relax and play."

Starting this month the project will move fast so there is as little disturbance to wildlife as possible, particularly the fishing stock.

The restoration will include cutting back large willow trees, which are in

I know residents will agree that this area is in need of some TLC to create a pleasant environment

Danny Purton

danger of collapsing into the pond.

Scrub and brambles that have been overwhelming the pond area over the past decade will be also be cut back.

The pond will be drained and desilted, with clearance of excess reeds from areas that have become increasingly congested.

A renewed sluice will also see the water-holding capacity of the pond greatly increased.

This will provide additional flood

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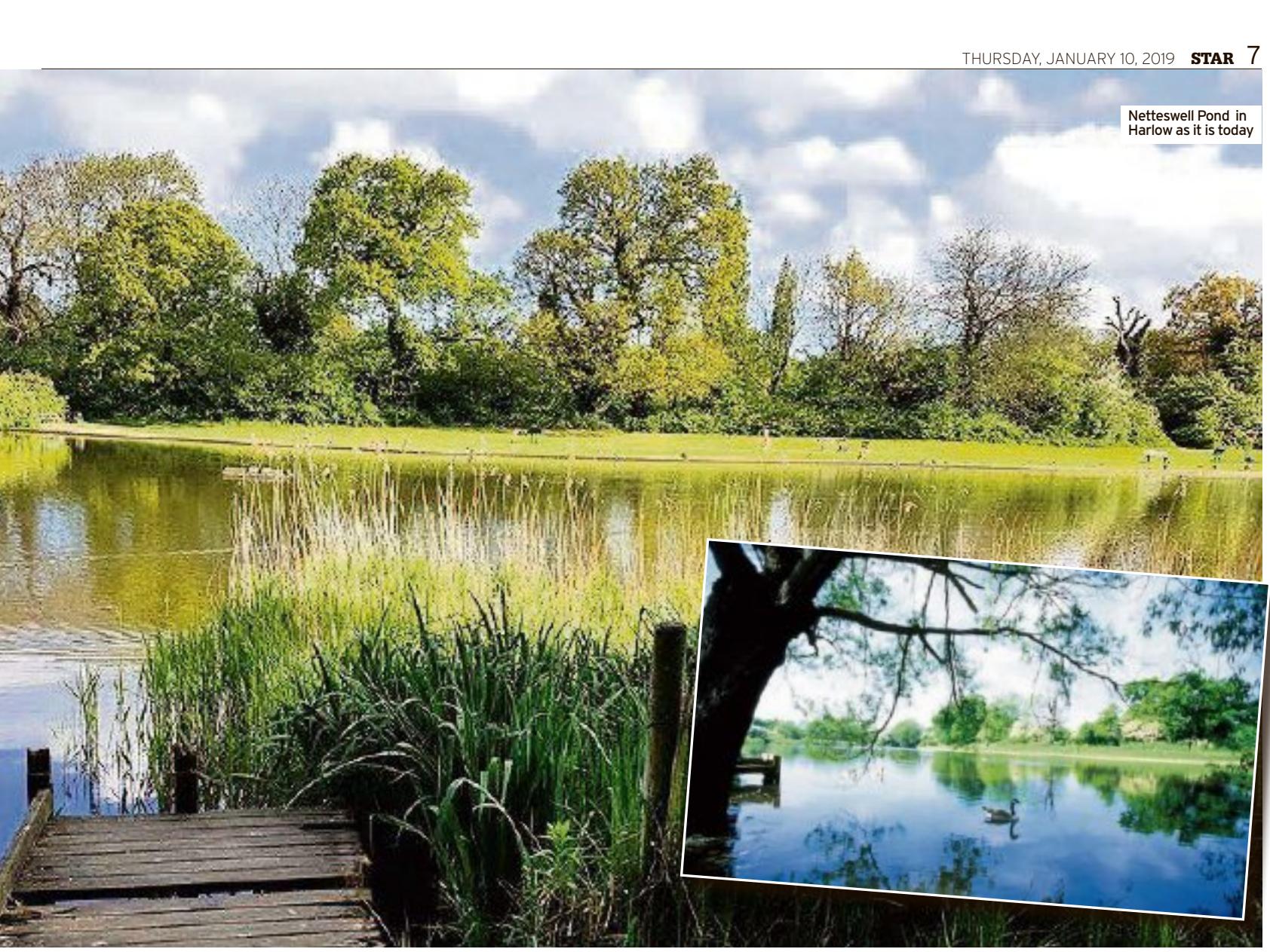
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Laying the drains in around 1953

Netteswell Pond in Harlow as it is today




defences for Harlow businesses and residents.

The current stock of fish will be removed and safely stored in holding tanks during the works and will be returned when water levels are restored. It is anticipated that fishing will return in early summer.

The project has been made possible thanks to funding from both Harlow Council's flood protection budget and Essex County Council's Community Flood Improvement Fund.

The work will be carried out by staff from the council and HTS, specialised contractors and local volunteers.

WHAT ELSE IS BEING DONE?

ALL of this work is also being carried out:

- Rebuilding the fishing platforms;
- Renewal of old broken benches and replacement of litter bins;
- Installation of new signage highlighting the wildlife that can be found in the area and guidance on fishing rules;
- Rebuilding the island in the middle of the pond, providing opportunities for ducks to nest;
- Establishment of new and colourful marginal plants.



The Moor Tower End after landscaping in 1970



Netteswell Pond after landscaping in 1970

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News

Plan for 1,000 homes slammed

By JAMES GREGORY

james.gregory@reachplc.com
@jgregorynews

A DEVELOPMENT of almost 1,000 new homes and a new school in Harlow has been criticised after it was revealed it could become larger than expected.

An application to build 592 homes, which form part of the wider Gilden Way development in Harlow, will go before the council's planning committee next week.

The development, submitted by Persimmon Homes in tandem with Barrat North Thomas and Taylor Wimpey, contains a green space that will run the width of the developed land known as Linear Park.

The newly submitted proposals, will replace the already approved plans to build 449 dwellings on land to the north of the park and would also provide an additional 43

DEVELOPMENT COULD BE MUCH BIGGER THAN ORIGINALLY ENVISAGED

affordable units.

If approved, it means the overall development will consist of 1,054 homes - representing an increase of 143 houses.

Construction has already started on 462 of the 911 currently approved homes to the south of the park.

The scheme is being recommended for approval by the council because it would "provide significant additional benefits for relatively limited changes to the approved scheme, including the provision of 43 additional affordable units."

"The scheme will also provide



This view could be different in the future if the application is approved

uplifted contributions towards education provision, libraries and healthcare," adds the council report.

But it has been met with criticism

from residents who feel that this is an overdevelopment of the site and there could be a greater strain on infrastructure.

The matter will be decided at a development management committee meeting on Harlow District Council next Wednesday.

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Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£229 ^{**}	£229	£1,200 [†]	£16,531	£15,102	NIL
OPTIONAL FINAL PAYMENT	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£6,104	£18,296	5,000*	48 MONTHS	4.12%	4.2%



BRAND NEW VAUXHALL MOKKA X 1.4T ECOTECH ACTIVE 5DR

Representative Finance Example

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£259 ^{**}	£259	£3,500 [†]	£21,048	£17,289	NIL
OPTIONAL FINAL PAYMENT	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
£7,149	£23,081	5,000*	48 MONTHS	4.12%	4.2%

BRAND NEW VAUXHALL GRANDLAND X 1.2T SE 5DR

Representative Finance Example

CUSTOMER DEPOSIT	47 MONTHLY PAYMENTS OF	FINANCE DEPOSIT ALLOWANCE	CASH PRICE	AMOUNT OF CREDIT	FEES
£279 ^{**}	£279	£1,400 [†]	£22,151	£20,472	NIL
OPTIONAL FINAL PAYMENT	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR (FIXED)
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News



Bid to stop 23,000 homes being built in countryside

PETITION CALLS FOR GARDEN TOWN PLANS TO BE RECONSIDERED

By JAMES GREGORY

james.gregory@reachplc.com
@jgregorynews

A PETITION has been launched to thwart a scheme which would see 23,000 new homes built on greenbelt and farmland in Hertfordshire and Essex.

The Harlow and Gilston Town project vision

was approved by Harlow, Epping and East Herts councils at their respective cabinet and executive meetings in December.

Its aim is to end the housing shortage problem in the area.

The document will now go to the Garden Town Member Board on February 4 for endorsement.

It was agreed by the board back in November that each local authority should have a say on the vision document.

The document will be used to prepare final masterplans for the garden town and help to access planning applications for the sites.

The ambitious plan will see new neighbourhoods established to the east, west (Water Lane) and south (Latton Priory) of Harlow, along with seven new villages to the north known as the Gilston Villages.

New homes will also be built within Harlow itself.

The Garden Town area will provide for 16,000 new homes up to 2033, of which 3,000 will be in the Gilston area. The remaining 7,000 new homes are planned for Gilston after 2033.

Advocates for the scheme say that the severe level of housing need represents 'exceptional circumstances' for development on green belt land. But critics argue that the development will result in a loss of important farmland and open spaces.

A petition has been sent to all three councils urging councillors to reconsider the initiative after it was approved last month.

It reads: "Some of the open green spaces and play areas within the town will be lost. The town will become a part of the London-Cambridge megalopolis."

"Most of the new housing is unlikely to be social housing."

"The argument for the expansion is that Britain needs to infinitely expand its economy (and so its workforce, which will need more housing), and to be competitive in the world market; and to support an ageing population in retirement."

"However, Britain is the fifth richest country in the world, and can surely afford to look after the people who created that wealth in their old age."

"Britain only has enough land to produce 60 per cent of the food we need, and needs to save its farmland from being built over. The drive to build on green farmland is happening all over the country and is being challenged wherever it is planned."

You can find the petition on change.org.

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News



University's director of medical innovation honoured by Queen

By ALISTAIR RYDER

alistair.ryder@reachplc.com
@AlistairCN

ANGLIA Ruskin University's director of medical innovation has been awarded an OBE.

Professor Tony Young joined the university in 2010, and juggles his role with being a consultant urological surgeon at Southend University Hospital NHS Trust.

He was appointed as the first ever National Clinical Director for Innovation for the NHS in England in 2014 and went on to found the NHS Clinical Entrepreneur Programme in 2015.

During his time at Anglia Ruskin, Professor Young has been instrumental in driving support for the creation of the MedBic Business Innovation Centre on Anglia Ruskin's Chelmsford campus, and a new innovation centre in Harlow.

He said: "When I started at Anglia Ruskin University I never imagined that my country would recognise the work I do as notable with such an award. I feel very honoured and humbled. These things are a recognition of the great teams I work with as much as a recognition of any individual."

"Anglia Ruskin University have not only supported me to grow and develop as a professional, but have driven the healthcare innovation and enterprise agenda nationally."

"They are founding partners of the NHS England Clinical Entrepreneur programme, which has grown to become the world's largest entrepreneurial training programme

in health and we should be very proud of that. This award is also a great acknowledgement that innovation and entrepreneurship can help us address some of the challenges we face in healthcare and Anglia Ruskin is at the vanguard."

Professor Roderick Watkins, acting vice-chancellor of Anglia Ruskin, said: "We are very proud to have Tony here at Anglia Ruskin."

"He is absolutely dedicated to improving the lives of patients through the use of pioneering medical technology, and his determination and leadership are having a significant impact across the NHS and beyond."

"His OBE is a reflection of his success as both a leader and a clinician and it is fantastic opportunity for our medical students to be able to work with him and be inspired to become the medical entrepreneurs of the future."

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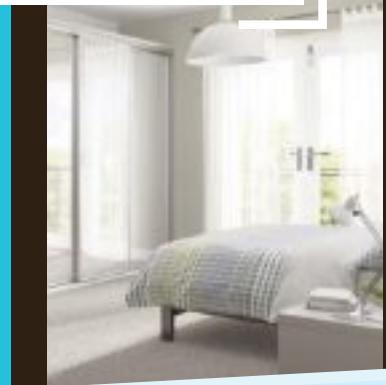
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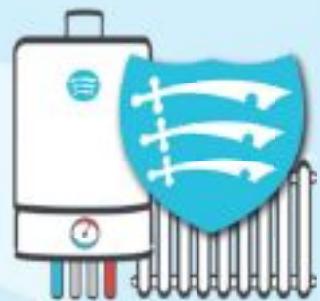
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ADVERTISING FEATURE

Why the weight? Sign up to Slimming World now and get rid of those extra pounds

MISSION TO HELP MEMBERS ACHIEVE THEIR DREAMS CELEBRATES GOLDEN YEAR

If you'd love to slim down and feel better about yourself this January, Harlow Slimming World groups are inviting you to join them and go for gold with your weight loss in 2019.

This New Year marks 50 years since the very first Slimming World group opened its doors and Slimming World groups in Harlow are looking forward to celebrating the golden milestone in style.

This year started off with Cara, the team developer in Harlow, meeting TV host Rylan Clark-Neal at the Slimming World Awards.

She said: "If anyone in Harlow is thinking of embarking on a weight-loss journey this January, Slimming World is definitely the place to be."

"Not only do we have five decades of experience helping millions of people to lose weight, we also have a fabulously fun calendar of celebrations planned throughout the year."

"We have groups all across Harlow and North Weald and a warm friendly welcome awaits - and obviously a cup of tea too!"

The year will get off to a sparkling start, with everyone who joins Slimming World before Sunday (January 13) receiving a special golden New Member Pack, and the launch of a brand-new golden Millionaire's Shortcake Hi-fi cereal bar, available exclusively in Slimming World groups.

Cara said: "I'm so proud of my team of consultants and the difference they are making to people's lives every single week, they are always excited about sharing their members' achievements, we also have two new consultants starting in January after losing a combined total of just over 13 stone. It's going to be amazing."

Later in the year there will also be exciting competitions to win golden prizes, special-edition publications, 50th birthday themed parties in all

Slimming World groups and more.

Cara explained: "While everyone else looks forward to Christmas, at Slimming World we always joke that we look forward to January because we love welcoming new people to our group and seeing them discover that they can lose weight without feeling hungry or deprived - and celebrating with them when they do.

"However, this year is more exciting than ever before because I know our 50th year is going to be even more special."

"Just like our founder, Margaret, back in 1969, we're on a mission to help people to achieve their weight-loss dreams.

"She built Slimming World on the promise of weight loss with no hunger, no judgement and freedom from guilt, and that's exactly what our members still do today."

"Our Food Optimising eating plan is based around satiety and energy density - eating foods that are best at satisfying your appetite and have fewest calories per gram of food - so you learn how to make healthy choices and lose weight - and keep it off - without feeling hungry."

"There's no such thing as a 'quick fix' when it comes to losing weight and Slimming World has always offered sustainable, long-term weight loss, so it's definitely the best choice for anyone wanting to get slim for life this January - and to have a great time in the process."

"We have an amazing team of consultants in Harlow who are passionate about helping people achieve their dream weight and I can't wait to see how many more people we can help in 2019."

■ More people in the UK and Ireland attend a Slimming World group every week than any other weight-loss group.

We have an amazing team of consultants in Harlow who are passionate about helping people



Harlow Slimming World team developer Cara with TV star Rylan Clark-Neal at the Slimming World Awards

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****NEW CONSULTANT****

Tye Green Community Centre (next to library)

Tilegate Road, Bush Fair CM18 6LU

7.30pm

With

Don: 07445 138 658

Great Parndon Community Association (GPCA)

Abercrombie way, CM18 6YJ

9.30am & 11am

With

Carina: 07736 046 793

TUESDAYS

Paringdon Sports Club

Paringdon Road, CM19 4QT

9.30am

With

Kirsty: 07824 649 434

Tye Green Community Centre (next to library)

Tilegate Road, Bush Fair CM18 6LU

5.30pm & 7.30pm

With

Kirsty: 07824 649 434

Our Lady of Fatima church hall

Howard way, CM20 2NS

5.30pm & 7.30pm

With

Carina: 07736 046 793

Church Langley Community Association

Church Langley way, CM17 9TH

6.30pm & 8pm

With

Donna. C-S: 07920 259 071

Bantham & Ongar Bowls (behind Talbot)

Weald Bridge Road, North Weald, CM16 6GP

5.30pm & 7.30pm

With

Mandy: 07778 117 128

WEDNESDAYS

Paringdon Sports Club

Paringdon Road, CM19 4QT

9.30am

With

Kirsty: 07824 649 434

Harlow Rugby Club

Howard Way, CM20 3FD

5pm & 7pm

With

Donna. B: 07534 508 576

ST Thomas More Church Hall

Hodings Road, CM20 1TN

5.30pm & 7.15pm

With

Donna. C-S: 07920 259 071

Summers Leisure Centre

Broadley Road, CM19 5RD

6.30pm & 8pm

With

Carina: 07736 046 793

THURSDAYS

****NEW CONSULTANT****

Church of Assumption

Old Harlow, CM17 0HA

5.30pm & 7.30pm

With

Tracey: 07767 366 597

ST Thomas More Church Hall

Hodings Road, CM20 1TN

9.30am & 11am

With

Donna. C-S: 07920 259 071

Tye Green Community Centre (next to library)

Tilegate Road, Bush Fair CM18 6LU

5.30pm & 7.30pm

With

Kirsty: 07824 649 434

FRIDAYS

Harlow Rugby Club

Howard Way, CM20 3FD

9.30am & 11.30am

With

Donna. B: 07534 508 576

The Salvation Army Hall

Tendring road, CM18 6RN

9.30am

With

Jodie: 07402 318 506

SATURDAYS

Holy Cross Academy School

Tracyes Road, CM18 6JJ

8.30am & 10.30am

With

Cara: 07792 778 225

Bantham & Ongar Bowls Club (behind Talbot)

Weald Bridge Road, North Weald, CM16 6GP

8.30am

With

Mandy: 07778 117 128

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YOUR VIEWS

LETTERS

Town was THE place if you wanted a night out – whatever happened?

I GREW up in Harlow and was so lucky to have experienced a thriving nightlife here.

We had Chicago's, Jumping Jacks, The Square, Cms on most nights, the tapas bar and Seen nightclub was open from Thursday to Sunday.

What happened here? Other towns still have a thriving nightlife.

Harlow is now the town that time forgot. There is only one night club open and that's only on a Saturday night.

People used to come from outside Harlow to party here. There is nowhere to enjoy ourselves any more.

What happened to our nightlife? There is a university here. Surely young people want to party?

Why can't this town supply a nightlife, especially now they are housing many families from outside Harlow here?

If they are bringing in more people, they need to supply adequate leisure.

Is it that nobody can afford to hire the space to create night life? Is this why small businesses can't survive here? Isn't it about time that rent was lowered on property, so that the town can create a thriving nightlife again? People might be happier if they have somewhere to go out and enjoy themselves.

Clare Harrison McCartney
Via email

Church Langley traffic congestion

ALMOST every weekday, Church Langley Residents, (and anyone entering Church Langley) are faced with major delays getting out of the area onto the A414.

This situation has been getting progressively worse for several years, yet Conservative-controlled Essex County Council has done nothing to address the problem. Their inaction has resulted in residents now facing daily delays getting to work and problems getting children to school and preschool on time.

Something really must be done; ECC and Essex Highways were



The Square has closed down
ALISON JENKINS

consulted at every stage, even before the development was approved, and there is no excuse for their having signed off on plans which have clearly failed in such a short time. For any solution to be remotely future proof it must involve some alternative route, and be either a permanent 24 hour or time limited route out of Church Langley, to relieve the intense pressure on the current single exit from Church Langley, onto the A414.

Essex County Council receive 70% of our council tax revenue, and much of that is spent (or should be) on our road infrastructure, across the town and across the county.

To not be able to efficiently get from Church Langley to begin a journey to work, or to take children to school, is quite rightly infuriating many residents. Church Langley residents are rightly keen to suggest solutions to the problems they are experiencing, and I commend them for that, but it is Essex County

Council who are failing the residents of Church Langley.

It is Essex Highways, and it is Essex Highways alone who must be charged with the task of finding a sustainable solution.

I also call on our current MP, Mr Halton to add his voice to mine, and pressure the Conservative-run Essex County Council to urgently resolve this ongoing problem.

Laura McAlpine
Labour Parliamentary Candidate for Harlow and the Villages

“
There is a university here. Surely young people want to party?
Clare Harrison McCartney

Hedgehog's recycling nightmare

RECYCLING is a good thing to do, but for one little hedgehog it resulted in a near death experience!

Tania was checking her recycling box before putting it out for collection the following day. To her amazement she found a tiny hedgehog trapped in an empty cat food tin.

She immediately called her



PHOTO OF THE WEEK

partner, Jack, who managed with great difficulty, to slowly and carefully cut the little hog free.

They then contacted the British Hedgehog Preservation Society to find out what to do next.

Tinny, as she has since been named, was only 290g, hypothermic and desperate for food, being far too small to hibernate successfully.

She was also found to have lungworm and fluke, both of which needed medical treatment.

She is now recuperating with a hedgehog rehabilitator after her very lucky escape.

We can only imagine how many

hoglets and other creatures may have perished this way.

People are urged to not only wash out their used food tins, but also to crush them, thereby ensuring that this near tragic episode may not happen again. Sadly, hedgehogs are in decline and our prickly friends now need all the help they can get.

Please see the Society website at www.britishhedgehogs.org.uk for more details on how you can make small changes to assist them in their plight.

British Hedgehog Preservation Society
Via email

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- **TWITTER:** [@Harlowstar](https://twitter.com/Harlowstar)
- **FACEBOOK:** [/HarlowStar](https://www.facebook.com/HarlowStar)



WEBCHAT

■ Vet issues Zoflora warning after 'must have product' goes viral

Nothing wrong with zoflora if you use it right . I've used it for 30 years. BUT you have to remember it is concentrated. You only need the smallest amount mixed with water. I wonder are people using it neat . So its strong therefore harmful.

Donna Hope

My dog has been fine and I've used it for a long time, I dilute a capful in a bucket of water

When hubby mops my floors with it. I use a spray bottle for everything else and use half a capful in that with water..... I think anyone could be unwell with any product if not used properly as all products are tonic not just zoflora. Read the label before use and I'm sure animals will be OK.

Gemma Holtby

■ One of Colchester Zoo's most iconic animals has died aged 50

My favourite.

Matt Scott

Rip beautiful xxxx

Nanny Barb Mcwilliam

How sad r.i.p you gorgeous orangutan.

Katie Hudson

■ Harlow woman's shock after giant oak tree crashed just one metre from her house

I had a huge ash tree covered with ivy fall into my garden in April the council were round within 2 hours but only because they failed to remove the tree almost 6 months

prior to it falling! Unfortunately it happens a lot.

Tarina Cobie

■ The stories of four Essex families surviving on Universal Credit this Christmas

My husband works hard and we don't receive a penny in any benefit. And let me tell you after my rent paid I've very little money left but we manage. As I'm forever saying to my husband, anyone who says they cannot afford Christmas isn't very

smart, you have an entire year to prepare for Christmas. I start my food shopping in September.

I buy the pickles and crispy things, long life stuff. Then the frozen. Then the fresh. We save for gifts and often take advantage of The sales for some of the kids gifts. Christmas is never impossible. You just have to prepare ahead then it doesn't come as a shock when you realise you've only a month to go. Adding an extra couple of quid to your shopping is the way to do it.

Ellie Bryant Webb

Here's what you've been talking about on Facebook this week

YOUR EDUCATION NEWS

Performing arts are helping the 'superheroes' to smash barriers

SCHOOL HIGHLIGHTS THE MANY SUCCESS STORIES AND THEIR ACHIEVEMENTS

CHILDREN with special educational needs and disabilities (SEND) are turning their lives around through performing arts.

Students at Burnt Mill Academy, in Harlow, who find various parts of school life a challenge physically, mentally or emotionally are thriving through music, dance and acting.

Ben Eva, SENDCo and drama teacher, said the school is all about removing any barriers young people may have to achieve their potential.

He said: "It has always been known that children with SEND have hidden talents; to me, they are superheroes.

"Everyone has something, but it is knowing what works for that person. Children who are disadvantaged because of disability or need should not be limited in their ability to achieve greatness.

"It's about smashing through the barriers to learning and that is what we are trying to achieve through a variety of ways.

"Students with SEND could feel different, they could feel their condition is a barrier or it could cause them anxiety.

"Sometimes, looking different to others could make them feel they are not included in society.

"We use performing arts in a variety of ways, through performance or independent work to build up social skills in rehearsals or learning an instrument, regardless of any barriers.

"We see improved attention and increased engagement in school, as a result.

"They find something they are praised for and a place they belong. It's an opportunity to unlock a talent they may not have even known was there.

"It reduces social anxiety and builds resilience, self-regulation, motivation and independence."

Success stories include:

■ Dilys Cook, Year 8, who has anxiety. Mr Eva said: "Dilys is really nervous and worries about speaking to people. But, in Year 7 she took on a lead role in panto and in the summer performed in School of Rock. On stage, she has no anxiety – she takes centre stage and she owns it.

email your news to community@hertsessexnews.co.uk



Dilys Cook, Year 8 is now a performing arts lead

She is now a performing arts lead and attends drama club and choir. The anxiety is still there, but in the performing arts environment, she is fine."

■ Liza Berry, Year 7, has been diagnosed with ADHD. Mr Eva said: "Liza talks a lot and likes to rap, so we are channelling that energy into performing. She turns up every week to practise and is really good at it. Being new to the school, she can find it difficult to manage, but we are confident by focusing on her rap she will continue to improve."

■ Liam Cashman, Year 8, has autism and anxiety. Mr Eva said: "Liam had anxiety around school and sanctions, he was anxious about drama

and about getting things wrong. We put him into a performance in drama and he started to like it. He is talented and now likes to show it and is building friendships that way. With autism, expressing your feelings can be a struggle, but he sees the performing arts department as a home and he comes to us if he needs support."

■ Emma Hua, Year 9, has a hearing impairment. Mr Eva said: "Emma started off nervous and shy, but through music and playing the piano, she has found her way and is quite sassy now. Her impairment has not stopped her ability to understand key features in music and she is on track for top grades in music. The one thing you need to be able to do to play music is hear, but Emma

can feel the notes. It is magical."

■ Aleena Ghani, Year 9 has Down's syndrome. Mr Eva said: "Aleena was very shy in Year 7 and not very verbal. But, when she dances, she's another woman! She has been in every school show and is studying GCSE dance, whereas she can't necessarily access some other subjects. She has such a strong passion and can learn and retain a dance routine in no time. The subject has ignited the passion in her and it's lovely to watch her on stage. It has helped with her social skills and she will now lead a warm-up session, even though she can find that difficult."

■ Yoldas Soytoprak, Year 7, has Bardet Biedl syndrome which affects his liver and vision. Mr Eva said:

"Despite worsening vision which means he can only see 6m in front of himself, Yoldas wanted to take up piano. He's such a bright and happy young man and is just taking it in his stride. We have got him bright keys for the piano to make it more accessible for him as we will never allow a barrier to learning. We are making something that seems impossible, possible."

Mr Eva said: "For us, it's about changing the mindset from 'I can't' to 'I can'."

"It builds resilience and will reduce mental health and social emotional issues in the future."

"It feels lovely to see the progress they are making with us. It's about small steps and looking at the journey from Year 7 to Year 11."



Keen Year 6 pupils are given the opportunity to shine as leaders

YOUNG leaders have taken on new responsibilities at their primary school.

Roydon Primary Academy, in Roydon, has appointed Year 6 pupils as leaders across the school. Posts as leaders in reading,

writing, maths, science and PE, as well as house champions, launched last year.

Keen pupils have this year gone through an application process, completing a form to outline their reasons for wanting to take on

responsibility at school.

The ten subject leaders work with younger children, run the library and organise resources, while the eight house champions act as prefects, showing visitors around, helping in the lunch hall and being

role models to their peers.

Head teacher Michael Clark said: "These roles are a way of teaching leadership skills and preparing our oldest pupils for secondary school, so they are used to leading something and supporting others."

You can't put a price on young leadership opportunities; it's a really important life skill to be able to lead others."

All leaders were presented with a badge during assembly after being selected by topic teachers.



It's child's play for well-behaved Year 5

YEAR 5 pupils from Roydon Primary Academy, in Roydon, visited Royal Gunpowder Mills.

They researched the difference between the experiences of rich and poor children and the toys they played with and whether the rich had a happier childhood.

The class also discovered the history of the Christmas card and the origins of many other traditions, including the Christmas cracker and tree decorations.

Class teacher Molly Brooks said: "The children had an amazing time

getting fully immersed in the experience, from playing parlour games, many of which were re-enacted at our Christmas party, and creating their own Christmas screen print card."

Head teacher Michael Clark was also happy.

He said: "It is so lovely seeing the children really enjoy an educational visit which provided them with so many learning opportunities."

"Year 5 were so well behaved and loved telling everyone about their day on their return."

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news to
community@hertsessexnews.co.uk

YOUR EDUCATION NEWS

Pupils maintain two-play tradition as part of Shakespeare festival

DOUBLE BILL OF BARD'S COMEDIES IS HIT WITH AUDIENCE

STEWARDS Academy took to the stage as part of the Shakespeare Schools Festival recently.

It was the 11th year that Stewards had been involved and, due to the high demand from pupils, it continued with the tradition of performing two plays.

This year audiences were treated to two of Shakespeare's comedies – A Midsummer Night's Dream and Twelfth Night.

As always, the pupils' behaviour was exemplary and SSF staff commented on the professionalism of both casts within the theatre, both on and off-stage.

Both casts started their journeys in the summer term when the pieces were auditioned – A Midsummer Night's Dream as a GCSE class production and Twelfth Night as an after-school enrichment activity.

The GCSE class came up with the concept for their performance and have taken on all positions of responsibility including student director, technical assistant, marketing assistant and costume/prop design.

Twelfth Night also had a student assistant director and technical assistant.

In October the casts participated in a half-day workshop led by two theatre professionals.



Audiences were treated to two of Shakespeare's comedies

email your news to community@hertsessexnews.co.uk

They were able to explore the performance space, showcase their language and character skills and perform an extract of their play.

All the pupils fully enjoyed the experience and felt it helped to prepare them for the final performance.

One of the cast members said: "I am so proud of my achievement tonight. It is the first time I have per-

formed on stage and I really enjoyed it."

Another cast member said: "I took part in SSF last year, in Macbeth, which was great.

"This year I feel so much more confident and I absolutely loved the audience that were laughing so much.

"It made me feel good knowing we had entertained them."

Di Johnson, head of performing

arts and assistant head teacher, said:

"The Shakespeare Schools Festival is such an amazing opportunity for children as it allows them to grow in confidence, properly understand Shakespeare as a performance text, engage with pupils from other schools, work with theatre professionals and perform in a professional theatre.

"We are incredibly lucky at Stewards that we are able to continue

with this sort of high-quality enrichment activity.

"The pupils gain so much from the experience as do the staff involved. Watching both casts on stage this year has reminded me of how inspiring young people can be and it has invigorated me on a dark November evening.

"I am so proud of the casts and look forward to working with them again next year."

Primary issues '50 activities' challenge to youngsters

CHILDREN are being challenged to complete 50 activities before they leave their primary school.

From riding a bike, playing a game of cards, sleeping in a tent, flying a kite, to hunting for bugs, visiting a museum and playing a game of cricket, pupils at Roydon Primary Academy are broadening their life experiences.

The 50 Things to do Before You Leave Roydon booklet has been given to all families, with the school committing to doing its bit to help children tick off as many activities as possible.

Split into place to go, places

to visit, things to do and things to learn, the optional list is a way of encouraging families to expose children to as many learning experiences as possible.

Head teacher Michael Clark said: "The list is all of the things we want 11-year-olds to have done before they move on to secondary school.

"They are life experiences and involve a lot of outdoor learning.

"We have such nice outdoor spaces here; our old buildings are coming down, we have our adventure trail, pond with wildlife and allotments and we

push for our curriculum to be taught outside as often as possible.

"We are committing to helping children to achieve half of the list while with us at school.

"We look after the academic side of their learning, but we also want to make them well-rounded citizens for a modern society.

"The list is a great prompt for parents. I don't think I've ever flown a kite with my own children, for example.

"The list has made me think I must do that and create those

memories with them.

"We want our pupils to have even more to come into school and share with us.

"We also want them to turn up at secondary school having done these things.

"It's just a really nice list of things for children to do with their parents and to talk about.

"They love coming in and sharing what they have done outside of school."

Every pupil has been given a folder to keep tickets and photos in as a memory book of their activities.



Pupils at Roydon Primary Academy are broadening their life experiences



Marlie James with his award at the BMA presentation evening
ANDY LEE

Evening of celebration for class of 2018 at Burnt Mill

AN EVENING of celebration saw former students welcomed back to Burnt Mill Academy.

The class of 2018 – who left Year 11 in the summer – were invited back to the school, in Harlow, to collect their GCSE certificates, receive various faculty awards for exceptional performance in a subject area and special awards.

The presentation evening was an opportunity for former students' achievements to be celebrated and included two performances from Year 11 student band Monochroma.

Former student Maddie Leadon, now a qualified doctor working in Westminster and Chelsea Hospital, inspired Year 11 leavers, parents and staff with her story of relentlessly pursuing a

dream until you make it your reality.

She also talked fondly about her experiences at Burnt Mill and how the school had challenged and supported her to realise her aspiration of studying medicine at Cambridge University.

Awards each year are named after former teachers and friends of the school who return to present the prizes.

Among the award winners were: Elizabeth Slow who received the Margaret Chan Award for art; Matthew Winder who received the Renee Joyce Award for modern foreign languages; Siena Taylor who received the Fraser Award; Daisy Broughton who received the Tillotson Award for PE; Marlie James who received the Megan

Hanks Award for performing arts; and Jesse Forson and Erin Clucas who received the Head Teacher's Award.

Laura McGlashan, head of school, said: "The evening was a wonderful celebration of students' achievements and it was lovely to welcome the class of 2018 back to school to receive their GCSE certificates which they worked so hard to achieve."

"The teachers, who presented at the evening, demonstrated an immense sense of pride in their students because of their academic achievements and because of the wonderful young people they are."

"We wish them luck and look forward to hearing of their future successes."

Butcher Mike gives students plenty to chew on in demo

MIKE WRIGHT, from Sheppard and Wright Butchers in Bush fair, visited Passmores Academy to demonstrate the craft of butchery to some Year 10 catering students.

They have been learning about food provenance – where our food comes from – so Mike agreed to teach the students in a very practical and interesting way.

The students learnt about the different cuts of pork, beef and lamb and the different cooking methods for the different cuts.

Food technology teacher Ms Jameson said: "It was great to have Mike in and to be able to spread the Passmores community ethos by building the ongoing relationship with Passmores within the Harlow community."

"In the Food and Nutrition department we feel strongly about supporting local produce and businesses."



Mike Wright, from Sheppard and Wright Butchers

"All of the meat Mike has in his shop is British and of a fantastic quality."

Passmores is looking forward to inviting Mike in again for further demonstrations and insightful talks about the industry.

Budding artist Henry gets calendar's pride of place



Kiddi Caru's 2019 calendar with a front cover design by Henry Grimley

KIDDICARU'S 2019 calendar was launched in time for the New Year, with a front-cover design by Henry Grimley, one of the budding artists attending its Harlow day nursery.

Henry won the honour in a competition run by Kiddi Caru, giving all the children at its nurseries across central and southern England the opportunity to submit designs for each of the 12 months of the year as well as the prestigious front cover.

All they had to do was paint, draw or colour a design on a piece of A4 paper, letting their imaginations run wild. Their parents then submitted

their design to Kiddi Caru for them.

Nursery manager Louise Farrow said: "Henry was so excited when he found out that his design had been picked for the front cover of this year's calendar."

"He couldn't believe that he'd won when so many children took part, it was such a lovely surprise for him. His prize was a framed copy of the front cover to keep and a limited edition of Kiddi Caru's mascot Roo."

For further information about Kiddi Caru visit www.kiddicaru.com or www.facebook.com/Kiddicaru or call on 01279 626111.

YOUR COMMUNITY NEWS

Bishop's Stortford

FOOTBALL CLUB: Brian Hockley is hoping to organise away travel for Bishop's Stortford FC this season.

Supporters, club members and season ticket holders have the possible games coming up: Saturday, January 26 - Burgess Hill Town; Saturday, February 9 - Leatherhead; Saturday, February 23 - Dorking Wanderers; Saturday, March 9 - Corinthian Casuals; Saturday, April 10 - Lewes; Saturday, April 27 - Carshalton Athletic.

Anyone who would like to go to the away matches on the supporters' coach can contact hockley261@btinternet.com for further information. The coach will always leave from the Bishop's Stortford FC ground.

GLOBE CAFE: BSCA Church has started a new initiative to welcome people coming to the town from other countries. The Globe Café will serve coffee and a variety of cakes at Hockerill Christian Centre in Dunmow Road on Tuesday afternoons from 4.30-6.30pm.

BREATHE EASY: Bishop's Stortford Breathe Easy Group headed by Councillor Diane Hollebon, is a group for anyone who is living with a lung condition, and would like to meet and support each other.

They meet on the third Thursday of every month from 2-4pm at Charringtons House, Council Offices, Rooms A and B, The Causeway, Bishop's Stortford CM23 2EN.

MUSIC EVENT: Heavy rock band Nova will be playing The Horn on January 30 to celebrate the release of their new single IN-DE-NI-AL which was recently recorded at London Road Studios.

Buntingford

DEMENIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their carers.

At Layston Grove, Keen Avenue, Buntingford SG9 9SU every Friday from 2-3.15pm, £3, no charge for carers, parking available. To book or for more information call 0300 123 40 44 - or just turn up on the day.

Cheshunt

STAY AND PLAY: Baby and toddler group at Tinytoons pre-school, based in the Laura Trott Leisure Centre, takes place every Monday 1.30pm - 3pm. Call 07508 707153 for more information.

Cuffley

HORTICULTURAL SOCIETY: Next meeting Thursday, January 31 at 8pm - talk by Valerie Christman on The Pulham Legacy - Victorian success by a Broxbourne family in garden construction. At Cuffley Hall, Maynards Place, EN6 4JA. Doors open 7.30pm. Visitors welcome. For more info ring Carol 01707 875742 or visit www.cuffleyhortsoc.org.uk.

Dancers get their TV break

TWO members of Hip Hop Pop, who are based at the Playhouse Theatre in Harlow, appeared with TV personality Rosie McClland on CBBC.

Their appearance was to promote Rosie's single, Handstand, which already has nearly five million views on YouTube.

Jaz Harvey and Jade Hall, both 17, from Harlow, who have both trained with Hip Hop Pop for more than five years and also volunteer as class assistants for the younger classes, performed live with Rosie.

They rehearsed hard in the lead-up to the performance, and choreography was fantastically put together by Hip Hop Pop team member Kayleigh Dettmer.

You can catch their performance on YouTube: www.youtube.com/watch?v=JWYDk1YbYDI

Hip Hop Pop director Jenny

Bater-Sinclair said: "Jaz and Jade always work incredibly hard in their own classes and as class assistants, they deserved this opportunity to perform on TV for the first time in the careers. They performed brilliantly and we are super proud of them.



Jaz, Jade and Rosie ahead of their appearance on CBBC

"It was also wonderful for our young students to watch their class assistants performing live on TV and be inspired by them.

"Huge thank you to Rosie, her family and management for trusting Hip Hop Pop to provide dancers for such an important

event for Rosie."

For more information about Hip Hop Pop or how to get a free trial visit: www.hiphoppop.net/freetrial

YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along

Datchworth

BADMINTON SESSIONS: The Datchworth Badminton Club meets on Wednesdays, new members are always welcome. The club night begins at 8pm with a session for junior members, between 11 and 15, from 6pm. For more information call Janet Dinsey on 01438 350247.

Harlow

WALKING FOOTBALL: 50-plus fitness group. A great way to keep fit, newcomers welcome to come along and give it a try, £3 per session 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - noon; Sundays 2-3pm.

Please call Dave on 07980 578201 for more details.

CHARITY EVENT: The Not the Royal Variety Performance is on February 15 at 8pm to raise funds

for local homeless charity, Streets to Homes. It's organised and hosted by local comedian Clare Harrison McCartney and promises to entertain.

The Fraudway singers are headlining with their show. Local vocalist Cara Sheridan and the voices of Harlow choir are also gracing the stage, as well as Edinburgh Fringe comics The Monks and comedian Madge Hooks, Britain's Got Talent magician Al Prendo Taylor and transgender fluid comedian Jenny B Side are also on the bill.

Tickets are only £5, but if you can afford to pay more than that is appreciated because they need to raise as much as they can for Streets to Homes. There will be a raffle and if anyone can donate a prize, that would be fantastic.

Tickets can be purchased on the door at Burnt Mill Social Club Harlow, but people are encouraged to book

online to secure a seat. Book via at www.eventbrite.co.uk/e/the-not-the-royal-variety-performance-tickets-54073815237

PHOTOGRAPHIC SOCIETY:

Gary Nicholls is one of the UK's most respected steampunk fine art photographers and he will be visiting Harlow on Thursday, January 24 to give a talk at the Harlow Photographic Society, Moot House at the Stow, Harlow. Visit harlowphotoclub.org.uk/ for more details about the society.

This event will see Gary present a studio night and explain how he works with his models and how he has produced his unique book The Imaginarium, visit www.imaginariumtrilogy.co.uk/ for more information. Anyone interested in attending can simply turn up.

Hertford

DEMENIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their carers.

At All Saints Church, Queen's Road, Hertford SG13 8AY. Every Tuesday

email your news to community@hertsessexnews.co.uk

10am to noon. £5, no charge for carers, parking available.

To book your place or for more information call 0300 123 40 44. You can also simply turn up on the day.

BYPASS MEETING: Have your say on the future of the southern bypass proposed by Hertfordshire County Council to alleviate traffic congestion and pollution.

HCC councillor Derrick Ashley will make the case for the bypass at a public meeting organised and hosted by Hertford Civic Society on January 16. It will be held at the Roman Catholic church in St John's Street (not far from Hertford East and Tesco). Cllr Ashley will answer your questions on the pros and cons of the proposal.

Dr Malcolm Ramsay, chairman of Hertford Civic Society, said: "We have consulted our members and found very mixed views. This is the first public meeting on the issue and it is, therefore, essential that we get the full range of opinions from the people of Hertford."

Hertford Heath

WI MEETING: Hertford Heath WI meets on the second Tuesday of every month at 7.30pm in the Mission

Bikers make their annual toy run to children's ward



HARLOW-BASED Motorcycle clubs Rough Creed MCC and Outlaws MC with support from others in the local biking community, conducted their annual Christmas toy run to Prin-

cess Alexandra Hospital children's wards.

They collected over 100 presents for the children donated by the bikers and distributed them to children,

taking time to meet and chat with parents and staff. Rough Creed would like to thank all the local bikers for their help and in particular regulars of the Queens Head pub in

Church Gate Street and their local community for their support.

Money was also collected to support Harlow Street to Homes homeless charity.

Room, Vicarage Causeway. Come along to find out more.

Hunsdon

PILATES CLASSES: Monday 2-3pm, Hunsdon Village Hall. A friendly and welcoming class. Pilates helps you achieve a balance of mind and body, plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book a complimentary first class (spaces limited) call Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@gmail.com or visit www.activehealthpilatesandmore.com

Roydon

FITNESS CLASS: 50-plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at Roydon Village Hall. All abilities, men and women welcome (seated and standing exercises). £5 per session. Call Belinda on 07974 721527 for more information.

PILATES CLASSES: Small group, Monday 8-9pm, maximum five people. £52 for five weeks. Includes small equipment and programme ideas.

Men only pilates, Tuesday 9.30-10.30am, maximum five gentlemen.

Pilates Specialist Studio on the edge of Roydon. £10 per session or £52 for six sessions.

Back pain specialist pilates, Wednesday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Restore your pelvic floor. Five-week pilates-based course, Wednesdays 8-9pm, maximum five places. £10 per session or £52 for six sessions.

Back pain specialist pilates, Thursday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Back pain specialist pilates, Thursday 8-9pm, maximum five people. £10 per session or £52 for six sessions.

Pilates Specialist studio on the edge of Roydon. For details contact Heather 07801 493893 or info@pilatesspecialist.co.uk.

SATURDAY MARKET: January 12, 10am-2pm in the Village Hall CM19 5HH. Bread, eggs, honey, juice, chutneys, meat, sausage rolls, pasties, shepherd's pies, cakes, flavoured gins, sweets, wood turning, gifts, soft furnishings, candles, children's clothes, crafts, candles, horseshoe art, paintings, Forever Living, greetings cards and historical maps and prints will be with us. Refreshments will be run to raise money for the Harlow Scout Group.

Free entry.

MUSIC EVENT: Following on from the successful launch of Bishop's Stortford Sinfonia's 'Inside the Orchestra' last year, there is another opportunity to take a passenger seat in the orchestra, this time for Tchaikovsky's Pathétique Symphony. Rebecca Miller will lead a workshop that will reveal the challenges for the orchestra of playing this dramatic work, and some of the story behind the composition of one of the most deeply personal and emotionally charged symphonies in the repertoire.

On Sunday, January 27, 3.30pm at the Memorial Hall, Bishop's Stortford College, Maze Green Road, CM23 2PJ. Tickets £17, students £5, children under 18 free. For further information and early bird ticket prices see www.bishopstortfordsinfonia.com

Rushden

LACE MAKING: The Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook.

Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need to take your own lunch. For more details call Eva on 01763 288357.

Standon

CREATIVE LITTLE ONES: Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Email Becky to book a free trial at: artexplorers1@gmail.com or visit: www.artexplorers.co.uk for more.

TEEN DANCE: DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

FIT FOR ALL: Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted.

Call Denise or times and classes on 01920 823072 or 07703 277862.

MUSICIANS AND MOVERS: Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years old upwards.

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed. To find out more, call Catherine on 07808 969379 or email standon.morris@gmail.com

Sandon

GREEN FINGERS: Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening, go along and join. New members are always welcome. Contact chairman John Handley at: johnhandley5@btinternet.com for more.

Sawbridgeworth

MORRIS MEET: Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth.

Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians also welcome. Call 01279 723707 or email neilandgillmunro@aol.com.

DEMENTIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with Dementia, memory loss or mild cognitive impairment as well as their carers. At The Hailey Centre, 18 Bell Street, Sawbridgeworth CM21 9AS, every Wednesday 9.30 to 11.30am. £5, no charge for carers or NOK. Public car park next door. To book or for more information please call 0300 123 40 44. Or just turn up on the day.

Ware

WEDNESDAY WELCOME: Every week from 2-4.30pm a quiet space with refreshments, newspapers and magazines at St Andrew's Church, St Andrew Street, Hertford. Call 01992 504373 or visit www.hertstandrews.co.uk for more details.

Widford

PILATES CLASSES: Mondays 6.45 to 7.45pm and 8 to 9pm.

Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture. For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email activehealthpam@gmail.com or visit www.activehealthpilatesandmore.com

KINGSHILL WI: They welcome new members to join them in their 50th year. They meet at the Age Concern Hall, Priory Street on the fourth Thursday of each month at 7.15pm. They will start the new year on January 24 with a 'games evening' which gives members time to chat with each other and later have a cuppa.



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Deaths

Peter Richard BOGGIS

Died aged 80 after a period of illness on 18 December 2018. A loving father to Claire, Elizabeth, Caroline and Siobhan, grandfather of eight, brother to Mike and partner of Frances. Funeral to be held at St Mary Magdalen Church, Magdalen Laver, Essex on 11 January 2019 at 1.30pm. No flowers please.

Gordon HEWLETT

Former Manager of The Playhouse, Harlow. Passed away peacefully at home, after a long illness, on Friday 21st December 2018, aged 89 years. A dearly loved Husband, Father, Grandfather and Brother who will be sadly missed by all his family and friends. Funeral service to take place at Parndon Wood Crematorium on Friday 18th January 2019 at 11.30 am. Family flowers only please but donations, if desired, may be made payable to "Dementia UK" and sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP, Tel: 01279 426990 or via the "In memory donation page" at www.drobinson.co.uk

To make a donation for a loved one resting with DANIEL ROBINSON & SONS

Please visit the In Memory pages at:
www.drobinson.co.uk

Wych Elm, 79/81 South Street, Bullfields
Harlow, Essex Bishop's Stortford Sawbridgeworth
(01279) 426990 (01279) 655477 (01279) 722476

Christine Jane Florence DUNSTONE 'Chris'

Sadly passed away on Wednesday 2nd January 2019 aged 78 Years. Chris will be deeply missed by all her Family & Friends. Her funeral service will be held at Parndon Wood Crematorium on Tuesday 15th January at 2.30pm. Family flowers only please. Donations, made payable to 'SENSE' or 'British Lung Foundation' may be sent c/o Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Tel:- 01279 722476. Alternatively, please visit the 'In Memory' page at www.drobinson.co.uk

Vera Lilian HARVEY

Peacefully passed away in Alexandra House, Harlow on 28th December 2018, aged 86. The family would like to thank all of the staff who cared for Vera and welcome all friends to the funeral service at Parndon Wood on January 17th at 2.30pm. Flowers to Daniel Robinson, Wych Elm.

Share your loved ones notice with family & friends



funeral-notices.co.uk

Mavis Irma LAWRENCE

Peacefully passed away on 24th December 2018, aged 84 years. Reunited with her beloved Husband John. Much loved Mother to Graham & Katie. She will be sadly missed by all her family & friends. Funeral service will take place at St Michael's Leaden Roding Church on Friday 25th January 2019 at 10.30am followed by burial in the churchyard. Flowers welcome. Donations if desired, made payable to "St Clare Hospice" may be sent c/o Daniel Robinson & Sons, Haslers Lane, Great Dunmow CM6 1XS Tel: 01371 874518 or via our in memory pages at www.drobinson.co.uk

Joyce May MARTIN

Died peacefully on 4th January 2019. Treasured by all her family. Thanksgiving Service at St Mary's Church, Little Hallingbury on Monday, 21st January at 2pm followed by afternoon tea at Hunters Meet, Hatfield Heath. All welcome.

Betty NELSON

Partner of Roger; Mum to Denise, Kevin & John; Nan to her many Grandchildren and Great Grandchildren. The funeral service will take place at Parndon Wood Chapel on Tuesday 22nd January at 11:30am. Family flowers only please. Donations if desired for St Clare Hospice may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP or via the In Memory pages at www.drobinson.co.uk. Tel: 01279 426990

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Set up custom email alerts to notify you via email when a matching death notice is announced. Alerts can be for Surname or Town/Area.



Nora Ellen POULTEN

Passed away peacefully on Wednesday 26th December 2018, aged 98 years. A dearly loved Mum, Nanny and Great Nanny who will be sadly missed by all her family and friends. Funeral service to take place at Parndon Wood Crematorium on Tuesday 29th January 2019 at 1.45pm. Family flowers only please but donations, if desired, may be made payable to "Cancer Research UK" and sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP, Tel: 01279 426990 or via the "In memory donation page" at www.drobinson.co.uk

To make a donation for a loved one resting with
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you can make a donation by visiting the
In Memory pages at
www.drobinson.co.uk



Add multiple pictures to a notice online
funeral-notices.co.uk

Ferdinando REALI Ferdi

Passed away peacefully Christmas Day aged 75 Years. A much loved Dad & Grandad who will be sadly missed by all.

Funeral service will take place at Parndon Wood Crematorium on Wednesday 23rd January 2019 at 12.15pm. Family flowers only please, but donations for Alzheimers Society may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford Herts CM23 3AL. Alternatively, donations may be made using the In Memory pages at www.drobinson.co.uk

Bernadette Ann ROSS Bernie

Died Peacefully at home on Christmas day. Sadly missed by her family. Funeral Mass to be held at St Josephs R.C. Church Bishop's Stortford on Wednesday 16th January 2019 at 11.00am, followed by a burial in Bishop's Stortford Cemetery. Family flowers only please but donations for Isabel Hospice or Association for the Propagation of the Faith (APF) may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford Herts CM23 3AL Tel 01279 655477 or please visit the In Memory pages to make a donation at www.drobinson.co.uk



funeral-notices.co.uk

Graham Raymond SAUNDERS

On December 30th, peacefully at Nightingale Nursing Home, Ware (until recently of Fitzwilliam Court, Harlow; having formerly resided for 85 years in Newport, Gwent) - Graham, aged 89 years - dearly loved husband of the late Pamela, beloved father of Jane and Carol, father in law of Robert and much loved Grampa of Sian (and husband Samuel) and Mark. Secondly, much loved husband of the late Margaret Morse; step father of Stephen and Robert; step father-in-law of Maura and step grandfather to Llewellyn and Rhianna.

Graham's sense of humour, independence, competitive spirit and determination will be sadly missed by family and friends alike.

Thanks to the staff at Nightingale Care Home for their care and support for Graham and the family during the last weeks of Graham's life.

The funeral will be held at Parndon Wood Crematorium on January 21st at 1.45. Bright clothing to be worn and family flowers only please. Donations, if desired, for Action on Hearing Loss to be sent to Daniel Robinson (Harlow).



PATRICIA SIBLEY

Peacefully in the Princess Alexandra Hospital on 30th December 2018, Aged 85 Years. The Beloved Wife of Keith, Beloved Mum to Karl, Mother in Law to Sarah and A Wonderful and Loving Nan to Jamie. She will be Sadly Missed by all. Patricia's Funeral Service is to be held on Wednesday 16th January 2019, at Pardon Wood Crematorium at 1.00 p.m. Family Flowers Only Please, Donations if Desired for St Clare Hospice. Cheques Made Payable to Charities Account. All Further Enquiries and Donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex, CM17 0AS. Tel: 01279 626238.

MASTERSON FUNERAL HOME LTD



Peggy TIDIMAN

Passed away peacefully at home, with her family around her, on Thursday 27th December 2018, aged 85 years.

A dearly loved Mum, Nan and Great Nanny who will be sadly missed by all her family and friends. Funeral service to take place at St. Mary Magdalene Church, Harlow on Friday 18th January 2019 at 1.30pm followed by burial at Parndon Wood Cemetery at 2.30pm.

Flowers, or donations made payable to "Mutts in distress", may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP, Tel: 01279 426990 or via the "In memory donation page" at www.drobinson.co.uk



funeral-notices.co.uk

Death notices are transformed into lasting tributes after 8 weeks online

funeral-notices.co.uk

Add **tributes** of condolence, light **candles** or add a **picture/video** to any notice.

Deaths

JOYCE WHEATLEY

07/01/1925-13/12/2018

Joyce was previously a resident of Brooklane Field, Harlow, a former employee of Cossor/Raytheon and an active member of St Stephen's Church, Tye Green.

Friends are welcome to her funeral on Wednesday 16th January 2019 at 11.30am at Chelmsford Crematorium, South Chapel.

Donations if desired are to Robotic Surgery Appeal MEHT

c/o Chelmsford Co op Funerals,
78 Broomfield Road, Chelmsford, CM1 1SS
Tel: 01245 353 978 or online at
www.funeralzone.co.uk/obituaries

To make a donation for a loved one resting with **DANIEL ROBINSON & SONS** you can make a donation by visiting the **In Memory pages** at: www.drobinson.co.uk

In Memoriam

BRIAN JOHN WHEELER

21.12.1940 - 09.01.2017

In loving memory of a dear husband, father, grandfather, great grandfather and brother.

Forever in our thoughts and always in our hearts.



Amanda WILLIAMS (nee Needham)

Passed away 09/01/2018.
Wife. Mum, Daughter.
It's one year since you passed away. We all love you more than ever. You will never be forgotten Mand, miss you so much and think of you constantly. You are special. Love you for eternity and beyond. Be yourself, be happy.

Till we meet again.

Love you always.

From all your Family xxx

Share your loved ones notice with family & friends



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The Stow, Harlow CM20 3AQ

01279 427362

Death Notices are transformed into lasting tributes after 8 weeks online

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Change of Policy on Bereavement Notices.

From Monday 17th December we are changing our policy on bereavement notices and when they appear in the newspaper.

Due to the way society today communicates and shares information through social media, almost instantaneously, we need to act and reflect on this change of culture by releasing our notices as soon as possible.

Traditionally we have held them back until the main notice has appeared, this will no longer be the case. Therefore all notices will appear in the newspaper at the customers request.

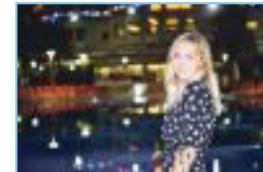
Also an online notice can appear the next day on the website rather than waiting for the newspaper publication date.



family-notices.co.uk

21st Birthdays

Happy Birthday Daughter



LASSEN SHANNON

Happy 21st Birthday Shannon
For Friday 11th Jan.

Have an amazing day baby girl.

Love you to the moon and back and all the tea in China.
Hope your day is as special as you.

Love

Mumma, Lauren, Jack x x x



More than 3000 loving tributes and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.



Graduation day

funeral-notices.co.uk

family-notices.co.uk

SPOTLIGHT

SIR Ian McKellen turns 80 this year and is celebrating with an 80-date solo tour across the country.

The Lord Of The Rings and X-Men film star will be performing in his home town of Bolton on his actual birthday on May 25 and says: "I wanted to celebrate my 80th birthday in Bolton, where I grew up and discovered in its three professional theatres a passion for action which has never faded." More details can be found at mckellen.com

■ Meanwhile, 85-year-old Dame Joan Collins will be hitting the road next month for the rescheduled dates of her one-woman Unscripted show (joancollins.com). It sees her revealing some of the stories and secrets of her long career.

■ The comedy front sees Ben Elton touring the UK following a 15-year absence from the stage. The Godfather of Modern Stand-up says he will be trying to "make sense of a world which appears to have gone stark raving mad". The 53-date tour starts on September 27. Go to benelton.net for details.

■ Julian Clary is also touring from March with his Born To Mince show. He says he will be baring his soul as never before in the interests of light entertainment and might murder some well-known songs along the way. Details from julianclary.co.uk

■ TV trio Rob Brydon, Lee Mack and David Mitchell will be touring the UK for the first time from September with their show Brydon, Mack & Mitchell - In Your Town (brydonmackandmitchell.com). Rob jokes: "There are so many others I would rather tour with but it's pointless dwelling on that now."

Raise the curtain for 2019

MARION McMULLEN
LOOKS AT
SOME OF
THE TOP
PRODUCTIONS
HEADING OUT
ON TOUR



Sir Ian McKellen

January 23. Go to peterjames.com for details.

■ Jodie Prenger is starring in Mike Leigh's acclaimed comedy classic Abigail's Party, which tours the UK until April. Jodie says: "Abigail's Party is a true British classic and a real bucket list part for me."

■ Countryfile presenter Anita Rani hosts the arena tour of Blue Planet II in March. The event features the original TV music score performed live by the City Of Prague Philharmonic Orchestra and footage from the groundbreaking BBC series shown on a giant LED screen. Information can be found at blueplanet2live.co.uk.

■ Si King and Dave Myers, aka The Hairy Bikers, embark on a nationwide tour next month. The big-hearted, down-to-earth cooks promise an epic night of cooking and conversation in An Evening With The Hairy Bikers. Ticket details from gigsandtours.com and ticketmaster.com.

■ West End and Broadway star Ramin Karimloo has performed in all the big musicals from Les Misérables and Miss Saigon to Evita and Phantom Of The Opera. He is touring with his own show From Now On (raminkarimloo.com) until the end of January.



Ghost - The Musical

■ Bill Kenwright's production of Ghost - The Musical returns to the UK following an international tour of Dubai, Istanbul and Trieste. West End musical star Jacqui Dubois returns to play Oda May Brown, the part made famous by Whoopi Goldberg in the 1990 movie. Go to twitter.com/ghostontour for venues.



Julian Clary



■ YOU can also catch Samantha Womack in the stage premiere of thriller The Girl On The Train (girlonthetrainplay.com) based on the bestselling novel by Paula Hawkins. The tour begins at the end of the month and the former EastEnders actress says: "I've been fascinated by thrillers for a long time and this kind of storytelling, like Hitchcock's Rear Window, offers us a voyeur's journey into a world which is dangerous and full of suspense."



Samantha Womack



MORE DATES FOR GARY'S GAGS
COMEDIAN Gary Delaney has extended his Gagster's Paradise tour to meet the demand for tickets.

The Mock The Week guest regular has added a run of new dates through until October and will be offering lean, expertly crafted gaggery.

■ Go to garydelaney.com for details.

A RIGHT ROYAL SHOW
BROADWAY and West End star Jose Llana and Annalene Beechey are to star in the UK tour of Rodgers and Hammerstein's musical favourite The King And I.



The tour, which starts in April, follows a sell-out run of the production at the London Palladium and the show was the biggest live cinema event broadcast of 2018.

■ Go to KingandIMusical.co.uk to book tickets.

QUEER EYE STAR TO MAKE UK DEBUT
JONATHAN Van Ness is making his stand-up debut in the UK and Ireland.



The flamboyant hair and grooming expert on the Netflix makeover TV series will be performing his Jonathan Van Ness & Friends show in the UK from the end of April following a series of American dates.

■ Go to jonathanvanness.com for more about the TV personality who was nominated for an Emmy for his Gay Of Thrones podcast.

FILM

with DAMON SMITH

Another fine mess



John C. Reilly as Oliver Hardy
and Steve Coogan as Stan Laurel
in Jon S Baird's affectionate
biopic of the comedy duo
ENTERTAINMENT ONE/AIMEE SPINKS

STAN & OLLIE (PG)

★★★★★

DIRECTOR Jon S Baird calls lights, camera, action on a golden era of studio system Hollywood in his affectionate and heart-warming biopic of the English and American comedy duo, who shared the screen for almost 30 years.

Penned by Jeff Pope, *Stan & Ollie* is a handsomely crafted valentine to a double-act, who earned legions of adoring fans with pratfalls and slapstick.

The film focuses predominantly on the UK leg of a 1953 theatre tour, which was dominated by Hardy's failing health.

A lean script replays some of the couple's greatest hits including the 1932 short film *County Hospital*, which finds Oliver in bed with a broken leg and Stan wreaking havoc with a jug of water, a bed pan and a bag of hard-boiled eggs.

These moments of nostalgic recreation are joyful and Baird revels in the connection between the two performers, convincingly played by Steve Coogan and John C Reilly, concealed beneath layers of latex prosthetics.

The film opens in 1937 California. Laurel and Hardy are two of cinema's biggest names but they don't command the financial clout of Charlie Chaplin, Buster Keaton or Harold Lloyd because they don't own their pictures.

The duo resolve to demand a better deal from Hal Roach (Danny Huston), who has

them under contract, and subsequent wrangling for a bigger slice of the Hollywood pie creates a fissure in the duo's relationship.

Fast-forwarding to 1953, Stan and Oliver tour England with a stage show of skits that promises to let them "go out with a bang..." in Hull.

Theatre impresario and tour promoter Bernard Delfont (Rufus Jones) is more interested in a "bright new talent" named Norman Wisdom than the duo, who have survived the ravages of time.

"I think it's wonderful you're still going," coos a London jewellery shop assistant.

"Rigour mortis hasn't set in... yet," smiles Stan plaintively.

Wives Ida Laurel (Nina Arianda) and Lucille Hardy (Shirley Henderson) offer moral support as the tour continues and

Oliver's health suffers.

"You loved Laurel and Hardy but you never loved me," laments the American during one lively exchange.

As the title suggests, *Stan & Ollie* is anchored by Coogan and Reilly, who are fiercely committed, catalysing an old-fashioned bromance that ensues after Oliver's death.

They are almost upstaged by a tour-de-force performance from Arianda as Stan's wife, a Russian glamour puss of few words - most of them biting - who stands defiantly by her man, especially for a photo opportunity.

"Where do you want me? I give them my good side," she trills excitedly.

Baird's film repeatedly tips a bowler hat to its subjects, who got into one fine mess after another so long as it made the world laugh.

Stan & Ollie: The Essex connection

THE main focus of Jon S Baird's film, *Stan & Ollie*, looks at the tour the comedy duo did of English theatres in the early 1950s.

One of the stops they made along the way on their visit to British shores was at Southend where they had a week-long residency at the Odeon in August 1952.

The much loved duo stayed at the Palace Hotel overlooking the Thames estuary and Southend's famous pleasure pier. Stan and Ollie made many appearances in the town during their



Laurel and Hardy up to their old tricks while touring England NCJ

stay. Another Essex connection is the screenwriter of the new film is Jeff Pope who hails from Brentwood.

ALSO OUT THIS WEEK



Keira Knightley as Sidonie-Gabrielle Colette
Lionsgate Films

COLETTE (15)

★★★★★

BASED on a script by director Wash Westmoreland and his late husband Richard Glatzer, *Colette* lovingly details the true story of the French novelist, who challenged the supposed limitations of her gender in early 20th-century Paris.

Westmoreland crafts his pages of feminist history and creative endeavour into a handsomely appointed battle of words between Keira Knightley's dutiful wife turned trailblazer and Dominic West's egotistical and domineering husband.

The balance of power shifts subtly between them over the course of almost two hours, beginning with the discovery of one of his affairs.

Colette's spouse has the audacity to claim that he is genetically predisposed to stray from the marital bed.

"This is what men do. We are the weaker sex," he professes.

That's certainly true through Westmoreland's lens because Colette draws strength from the various women around her to plough her own creative furrow, sometimes against the grain of public opinion.

Knightley's moving, studied performance captures the tenacity of a fragile bloom, who grows to love her imperfections and thorns, and uses them wisely to honour the words of her mother: "Trust no one but yourself".

Sidonie-Gabrielle Colette (Knightley) marries well regarded author Henry Gauthier-Villars (West), who operates under the pen name Willy.

He is under intense pressure to deliver a new work but prefers to devote his time to dalliances rather than penmanship or his wife.

When Willy discovers Colette's gift with words, he encourages her to document her formative years on the page - with some artistic licence for colour - and takes credit for her first book, *Claudine A L'Ecole*.

The saucy tale of a 15-year-old girl's rites of passage becomes a sensation and Henry encourages Colette to pen further adventures for her heroine, *Claudine*.

Over time, she becomes frustrated that only Willy visibly profits from her ink-stained hours of toil.

"I need credit for my work," rages Colette.

"Without the progenitor, there would be no *Claudine!*" forcefully counters Willy.

The aggrieved wife refuses to remain silent and speaks out with support from lover, noblewoman Mathilde de Morny (Denise Gough).

Beautifully shot by cinematographer Giles Nuttgens, Colette savours the central character's metamorphosis, culminating in her crowd-pleasing years as a music hall performer, smeared with greasepaint.

Knightley and West are delightful sparring partners and Gough brings a slow-burning intensity to her gender fluid paramour, who wears trousers in an era of skirts and politely heaving bosoms.

HOTSEAT

Jack is very amiable, he's got charm but is a lonely character at the end of the day

Father Ted star Ardal O'Hanlon, 53, is back as detective Jack Mooney, in Death In Paradise. He chats to **GEORGIA HUMPHREYS** about the upcoming series

What can you tell us about series eight of Death In Paradise?

IT'S ambitious for sure. What I love about this series more than other series is the use of locations.

We've got some fantastic new locations – we shoot in the zoo in one episode which is great. The first episode, the murder takes place on a bus. The third episode is a lot of fun as well; a TV crew come over to make a holiday programme.

Is there anything loyal fans might be surprised by?

THIS series has definitely got a slightly darker tone. There are some really dynamic, very dramatic scenes, something you wouldn't associate with Death In Paradise.

It's got all the normal Death In Paradise ingredients, but it's got this other dimension as well.

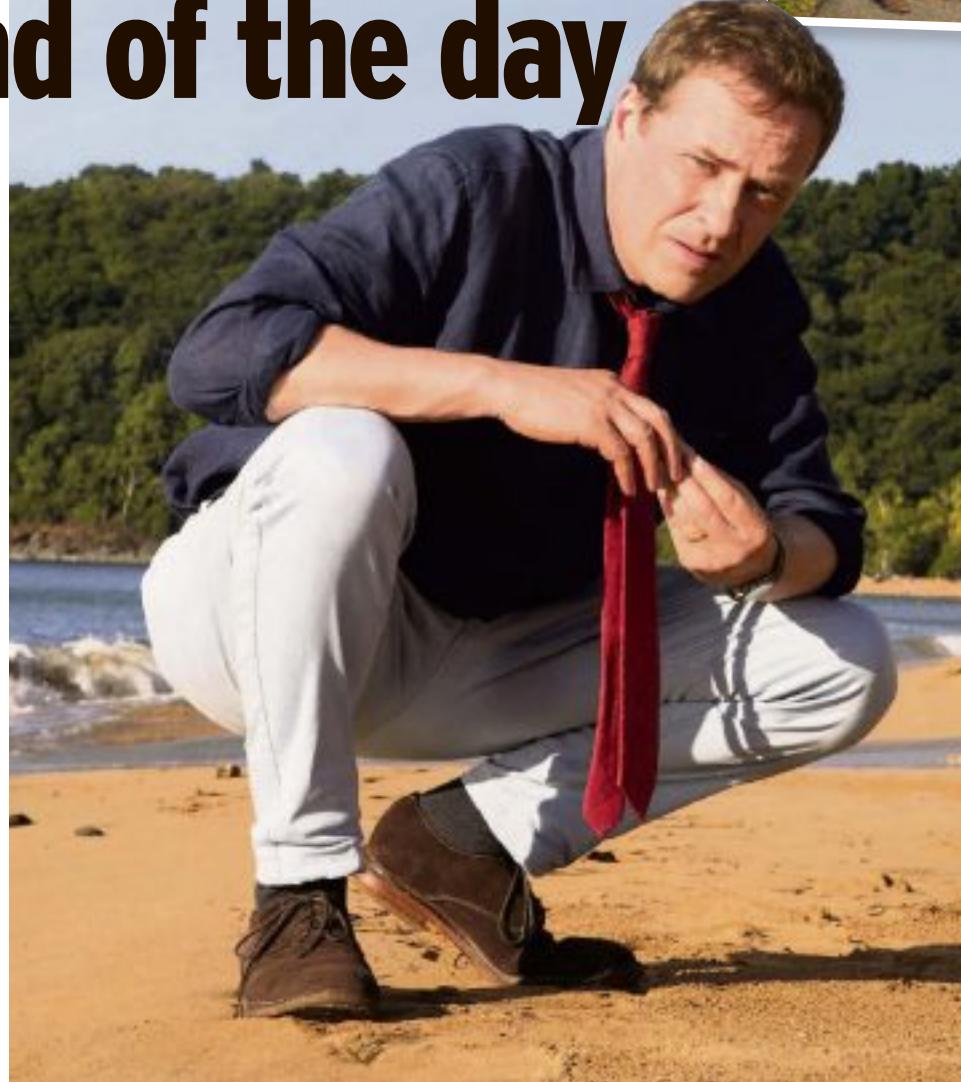
There's also kind of a love story which is explored in episodes five and six.

What do you enjoy most about playing Jack?

I SUPPOSE what I like about it is the fact that (it's also the thing I like least about it) I'm so busy, because he's in pretty much every scene. You get to play a real range – you've got to be very hard and very serious and very assertive, and the next scene might be very soft and emotional, then you'll be playing quite a funny scene.

Jack is very amiable – he's got a certain charm about him, he's got a little twinkle in his eye. But he's a lonely character at the end of the day, and there's a sadness about him, and I really enjoy playing that.

Ben Miller and Kris Marshall



previously played the lead in the show. Do you feel more settled in the role now?

DEFINITELY. Partly because I know what to expect from the very tough environment that we work in, with the heat and the humidity, not to mention the crazy weather and the creatures that you have to contend with.

It's a challenging environment. This year, I know how to manage my time well and my energy, how to live

in a place like that.

What sort of reception have you had from fans?

AH yeah, people are generally very supportive, and people who I never imagined in a million years would be Death In Paradise fans out themselves! They seem to really cherish it... I hope they're happy enough with me! I mean, I avoid social media, I avoid press and reviews and press coverage of it. Ugh! You'd lose your



Left: Ardal O'Hanlon says he's adapted to filming in the climate of Guadeloupe. **Above:** With the rest of the show's cast

sanity if you got too bogged down in that.

So you haven't got used to being in the limelight over the years... NEVER really got used to it. I love the craft, I love the process, I love the preparation, I love the performance; above all I love the sociability of it, working with other actors and directors.

But I don't think a normal human being ever gets used to the other side of it, the attention, or anything like that. I've never actively sought that out, and I've avoided it if I could. It's never been particularly unpleasant or anything, you just want to live as normal a life as possible.

What do you miss while filming away in Guadeloupe?

SOUP. It's too hot to eat soup! Obviously I miss my family hugely [he has three children with wife Melanie], although they do come out for quite a chunk, and I'm in daily contact with them.

I miss things like bookshops. I miss the cinema. I miss TV. I miss my friends. I miss the dogs. There's a lot to miss, but you're so busy and you're so consumed by the jobs.

In the same way as Jack has to solve a puzzle, I have to solve a puzzle every day: 'How do I play this scene? How do I tell this story?' So you've got so much to be getting on with that you don't really have time to pine!

How do you like to relax?

I DO cherish my downtime and I love it. Obviously, it's social – you've got a crew of maybe 70 or 80 Brits abroad – it's fun! You've also got the guest cast coming in which is a lot of fun as well.

I love the sea, so I love snorkelling, swimming with turtles. I also love the rainforest, which we're spoilt with as well.

Every weekend, you discover a new and wonderful magnificent waterfall hidden in the jungle with beautiful natural cool water that you can swim in, and cool down in. So, all that side of it is brilliant.

■ **Death in Paradise** is on BBC1 on Thursday at 9pm.

“
You've got a crew of maybe 70 or 80 Brits abroad – it's fun! You've also got the guest cast coming in which is a lot of fun as well.

SOUND OUT

It's been a real whirlwind since we performed at the royal wedding

The Kingdom Choir became an overnight sensation after singing at the royal wedding. Now they say they are hoping to inspire people in 2019, as **ALEX GREEN** discovers

WHEN life is tough, people turn to gospel. Just ask the charismatic head of The Kingdom Choir, Karen Gibson.

She says the healing power of music is needed now more than ever and there has been a resurgence in an interest in gospel music.

The choir came to public attention when they delivered a dazzling three-minute performance last May when Prince Harry married his American bride Meghan Markle at St George's Chapel at Windsor Castle.

Their unforgettable rendition of *Stand By Me* by Ben E King was watched by an estimated two billion people worldwide and proved life-changing for the group of gospel singers, leading to the release of their debut album of the same name.

Before the royal wedding, the largest audience the group had performed to was just 200 people.

Choir founder and conductor Karen says: "We never saw this coming. We never saw any of it. It's been amazing. It's been a real whirlwind."

The 55-year-old says: "It's an

undreamed dream. It's a dream that you don't dare dream. Every day is different now, every venue is different, every performance is different."

Karen's crop of silver hair made her the recognisable symbol of the group, which counts about 30 members, but is flexible in number to suit the occasion.

She explains the Kingdom Choir existed for many years before the public sat up and took notice last May.

It follows new interest in gospel music which has seen grime artist Stormzy bucking expectations to release gospel and soul album *Gang Signs & Prayer* and the MOBO awards drawing more attention to the genre.

Karen sees gospel music's success as a sign of the times and says, when the chips are down, people turn to gospel.

She explains: "We are in a season when people need hope. They want to be inspired. People want goodness in their lives because there seems to be so much bad news all the time."

"People want love. They want to feel love and they want to be loved, and people also want to be free."

"I have also seen how singing frees people and how it creates great connection. People want family, and singing in a choir provides great family."

She started her first choir in 1994 with sister Kimmie and school friends Elaine and Collette in south London's Tooting.

Later, she went on to sing backing vocals for acts like Grace Kennedy and The Beautiful South and, until the royal wedding shot her to fame, taught in schools around London.

Following the wedding, the YouTube video of their performance has been watched millions of times.

They named their debut album *Stand By Me* after the song that changed their lives. It features modern covers of Bob Dylan's *Make You Feel My Love*, Coldplay's *Fix You*, Stormzy's *Blinded By Your Grace Pt2*, John Legend's *All Of Me* and Beyoncé's *Halo* while delving into R&B, soul and, of course, gospel classics.

It was recorded over two weekends and Karen says the studio time challenged the choir.

"We were very tired by the end of it but we loved it. There's nothing wrong with being intense and tenacious and intentional and purposeful. It's good for the soul," she says.

"It was a great time of collection and fun and great music, wonderful arrangements from our fabulous arrangers, and a lot of love, a lot of laughter, a lot of food and biscuits."

Karen is currently offering a daily dose of thoughtful mantras as part



Karen Gibson from The Kingdom Choir



DIDO

HAS it really been five years since Dido released music? It really has, but somehow it feels longer.



The singer, who had her breakthrough with debut *No Angel* nearly 20 years ago, is back with her fifth album *Still On My Mind* in March.

Fans will no doubt be hoping for the calibre of songs from her earlier days, such as *White Flag*, *Thank You and Here With Me*. Dido recorded the album in the UK and it is a continuation of her long-standing professional career with her brother and Faithless founder Rollo.

AVRIL LAVIGNE

ANOTHER beloved early-noughties music icon is also marking her return to music this year:



Avril Lavigne is dropping her sixth record *Head Above Water* in February.

The Canadian superstar has long moved on from her *Sk8er Boi* days, and in its place is a new, grown-up version of this punk-pop vocalist.

She has promised an open and honest collection in this, her first album in half a decade following her self-titled 2013 release.

CHILDISH GAMBINO

MUSIC fans have waited almost too long for a new album from Donald Glover, aka Childish Gambino.



The American actor, rapper, record producer, writer and comedian has been teasing fans with a follow-up to his 2016 record *Awaken, My Love!* with a number of singles and EP releases, notably hit political track *This Is America*, and the *Summer Pack* EP in July, but an album has yet to materialise. While there has been no official mention of a release date, the record is easily one of the most highly-anticipated among hip-hop fans in 2019.

MADONNA

MADONNA is set to make an epic comeback at some point this year with her 14th studio album, which will reportedly be inspired by Portuguese fado music.



She is working with long-standing collaborator, French record producer Mirwais on her new stuff, after working with him on a number of albums. Watch this space, folks: the queen is back. Soon.



The Kingdom Choir

■ Go to kingdomchoir.com for more details about the choir, their album and forthcoming tour dates.

BEAUTY COUNTER

KATIE WRIGHT asks skincare specialists how to revitalise a dull, dry complexion

EXPERT TIPS TO DETOX YOUR FACE

AFTER December's boozy, party-filled weeks, many of us embark on Dry January, quitting alcohol, eating healthily and hitting the gym - hard.

Have you ever considered, however, that you should be detoxing your skin, not just your liver?

"It's common for people to overindulge during the festive period," says Tracey Wilmot, training and education director at Murad.

But, she warns, all those glasses of fizz and tins of Quality Street take their toll. "Excess alcohol and high-sugar foods can lead to loss of radiance, dehydration and a dull-looking complexion."

On the other hand, you might be seeing more blemishes or blotchy patches.

"If you're experiencing oilier skin, breakouts or the skin shows signs of redness or sensitivity, it could be time for a detox."

That doesn't mean going cold turkey on skincare - far from it - though there are some products you may want to ease off on.

Here are seven ideas from skincare experts to get you started...



Murad's
Tracey
Wilmot

biggest culprit during the holiday season," Tracey says, "because alcohol not only dehydrates our cells but also causes blotchy red skin and exacerbates sensitivity and redness."

That's why it's important to boost moisture levels from the inside by drinking plenty of water, and 'eating' it in the form of water-rich foods.

"Eating water-rich foods, such as apples and broccoli, not only hydrates the skin at the cellular level, but also delivers the nutrients needed for healthier skin. Add lemon to your water for a good cleanse and to help digestion."

3 Take a break from drying products "SINCE the new year will be the dead of winter for those of us in the northern hemisphere, most individuals need to add hydration and moisturisation," says Dr Gregory Bays Brown, founder of ReVive Skincare.

"As such, I would suggest decreasing the frequency of products that can contribute to drying, such as retin-A or retinol creams and peels."

That way, your skin cells can hold onto all that extra water you're giving them.

4 Declutter your skincare

"START by detoxing your products and make-up," recommends celebrity facialist and laser specialist Debbie Thomas.

"Check use-by dates and throw away out-of-date products, as they lose their effectiveness and have higher likelihood of harbouring bacteria."

"Then check if you have products you just don't use - they can either



ESSENTIALS

ADD these to your skincare wish list:



Decleor Deep Cleansing Clarifying Clay Mask, £20, Escentual; Exuviance Detox Mud Treatment, £32.50, EffortlessSkin; Murad Multi-Vitamin Infusion Oil, £55; Murad Revitalixir Recovery Serum, £70; Ren Ready Steady Glow Daily AHA Tonic, £25, Escentual; Malin+Goetz AHA Treatment Solution, £36, Space NK; A'kin Invigorating Facial Scrub (formerly Jojoba & Corn Facial Scrub), £16, LookFantastic; Elemis Gentle Rose Exfoliator, £32.50; ReVive Soleil Supérieur SPF 50, £90, Space NK

be used on other body areas, or give them to a friend who's more suited to them."

5 Add an extra moisturising step

"WE lose most of our hydration when we are sleeping, so it's essential to add a good moisturiser to your regime to help replenish and repair the skin," Tracey advises.

If you don't already use a serum after you cleanse in the evening, consider adding one that contains hyaluronic acid (an ingredient which helps your skin retain moisture), before your usual night cream.

Alternatively, a face oil can make a huge difference - all it takes is a few drops rubbed between your palms and smoothed over your face to get rid of those annoying flaky patches, without leaving a greasy finish.

6 Exfoliate gently

"EXFOLIATION is key to a good detox, stimulating skin cell turnover and unclogging blocked pores," Tracey says.

"If you normally exfoliate weekly, now is the time to step up to twice a week, to really accelerate the benefits."

"Look for formulas that have natural polished beads, such as jojoba, and a combination of hydroxy acids, to help condition the skin and restore that glow."

7 Don't forget SPF

"IT'S also important to not forget sunscreen," says Dr Brown.

He says even though the sun is less present, it can still have harmful effects in the winter months.

So, make sure a cream that's at least SPF 30 is part of your morning routine.



Elemis Advanced Skincare Smart Cleanse Micellar Water (200ml)
£26, elemis.com

★★★★★
FOR those who like to do a double cleanse in the evening, this is a great first step. It's lightweight and has a pleasant clean and fresh scent. The product is packed with skin-boosting ingredients like apple amino acids, rosehip seed oil, Indian soapnut, chamomile and rose water. It removes make-up and any build-up you have left on your skin after a long day.



La Roche-Posay Micellar Water Ultra Sensitive Skin (200ml)
£8, escentual.com

★★★★★
I HAVE used a few micellar waters and this has to be the best. It had no scent or fragrance yet just lifted make-up off like magical water. Even mascara and heavy eye-liner disappeared with little rubbing. Cannot fault it.



L'Oréal Paris Micellar Water Cleanser Sensitive Skin (400ml)
£3.99, Boots

★★★★★
IT IS hard to believe something so clear and which looks like a bottle of water, could remove heavy make-up but this does. Eyes took a bit of work though and a few soaked cotton pads to shift mascara. My only niggle would be my eyes stung a little.



Eau Thermale Avène Cleanance Micellar Water (100ml)
£6, escentual.com

★★★★★
THIS did the trick when it came to clearing away foundation and did not irritate my skin, which is a bonus when you have very sensitive skin. However it wasn't quite up to the job with eye make-up and I felt the need for a double cleanse to feel really fresh and clean.



1 Use a clay mask twice a week

"A GOOD clay mask can help draw the impurities out of your skin, unclog blocked pores, and revitalise a dull complexion," says Tracey.

"Look for kaolin clay or volcanic clay, which controls excess oil and deep cleanses the skin."

2 Drink lots of water - and eat it too

"DEHYDRATION is often the

STYLE GUIDE

CAPED CRUSADER

The only outerwear you need this season - it's all about the cape right now, says **KATIE WRIGHT**

WHEN delving into the January sales, sometimes it pays to buy 'out of season,' grabbing bargainous bright party dresses or end-of-line swimwear to stash away until your next summer hols.

But when it comes to this year's outerwear offerings, there's a certain type of coat that you should be making a beeline for - and it's not actually a coat at all.

Capes were big news on the autumn/winter catwalks but we've yet to reach Peak Cape on the high street (the puffer has dominated thus far). So if you snap one up now in the sales, you'll be both on trend and ahead of the curve - what's not to love?

According to designers, there are two ways to go. There's the structured, formal style, as seen at Erdem (brocade capes), Loewe (trench capes) and Saint Laurent (thick black wool capes). If you tend to favour tailored coats, dresses and heels, this kind of

cape will slot right into your winter wardrobe.

Then there's the softly-softly approach: The snuggly blanket wraps seen at Roksanda, Gucci and McQueen.

In check or block prints and with fringed or faux fur trims, these capes can be dressed up for evening, or thrown over jeans and boots on a chilly day.

One thing's for certain - capes and backpacks do not mix, so athleisure lovers need not apply.

A cross-body or top handle handbag works best - and don't forget your gloves.

Another advantage? With many capes (particularly buttonless wraps) coming in just one size, it's easier to find one you like in the sales, because you don't have to worry about having to hunt for your exact size.

And as it happens, lots of our high-street favourites are now heavily discounted. Here's our pick of the cape crop...



The Kooples studded black biker poncho, currently reduced to £199.50 (was £285)



White Stuff Caitlin check cape, currently reduced to £35 (was £55)



Dorothy Perkins check and stripe cape, currently reduced to £25.60 (was £32)



M&Co faux fur wrap, currently reduced to £25 (was £39)



Zara cape with faux fur collar, currently reduced to £69.99 (was £99.99)



La Redoute checked cape £47



Lands' End women's regular wool blend hooded cape, currently reduced to £90 (was £180)



Aren't these just the prettiest, softest slippers you ever did see? Best of all they are reduced from £19.99 to £14.99 at Oysho.com. Happy feet indeed!

Hush double face cape £189; Izabella jumper £85; leather leggings £345; Avebury boots £230

BEAUTY BUZZ

THE LATEST PRODUCTS & GLAMOUR GOSSIP



VEGAN-TASTIC BEAUTY

DOING Veganuary? Extend it to your skincare regimen with a limited edition vegan beauty box from cult brand **Natura Siberia** - whose natural and organic products are made from wild-harvested flowers and herbs from the heart of Siberia. Get more than £55 worth of vegan, cruelty-free products including **cleansing mousse, day cream, night cream and bath salts**, for just £35 at naturasiberica.co.uk

LIPPY NEW YEAR

IT IS a firm favourite with **Bobbi Brown** fans and now her

Extra Lip Tint is available in three new shades: **Bare Nude, Bare Raspberry and Bare Blackberry**. These colour-enhancing, oil-infused balms bring out the natural tone of your lips for a sheer tint of colour unique to you. They are on counters now priced £25.50, bobbibrown.co.uk

GET THE LOOK

GREEN velvet was a good look for Emily Blunt at a recent screening of her new movie *Mary Poppins Returns*. Steal the actress's style in this **Maje** layered velvet midi dress, reduced from £264 to £145 at theoutnet.com



CRUSH OF THE WEEK

HEALTH & LIFESTYLE

Is drinking too much water bad for you?

MAX FREEMAN-MILLS EXPLAINS WHY OVERSHOOTING THE RECOMMENDED TWO LITRES PER DAY CAN DO MORE HARM THAN GOOD

MODERN health trends come and go, but one piece of advice that doesn't ever seem to change is that we should all be drinking as much water as possible. As it turns out, though, there are hidden dangers to this most innocuous of activities – the spectre of “water intoxication”, hydration’s potential sting in the tail.

Headaches, nausea, fatigue – all of these symptoms are associated with dehydration but can also rear their heads if you’re over-hydrated, as it turns out. The scientific word for the issue is hyponatremia but the condition is really rare, especially if you’re not an endurance athlete.

What is over-hydration?

ESSENTIALLY, over-hydration is when you take on more fluid than your kidneys can process and remove. It can be dangerous and even fatal in the most extreme cases. “Watering down your blood [makes] it harder to carry nutrients, send brain signals and control the muscles,” says Harry Aitken, a qualified sports scientist at fitness company Auster.

Over-hydration can particularly crop up during exercise, as people try to gulp down the water they’re losing through sweat. “People have a tendency to replace the water but forget the sodium losses,” say Dr Ricardo Da Costa, a nutrition lecturer at Monash University. Da Costa says that rehydration is all well and good, but without sodium to balance the equation, the change to the composition of our plasma can be problematic.

The risk of over-hydration is still relatively slim for most people, though. As Johanna Hignett, an



Headaches and fatigue are signs of hyponatremia

advisor to the Natural Hydration Council, explains: “You would need to drink extremely large quantities, in the order of five litres or more within an hour” to be at risk of hyponatremia. In normal life you’re unlikely to be chugging as much as that.

What are the symptoms?

HYPONATREMIA causes the sodium in your body to become diluted, and when this happens, your body’s water levels rise, causing your cells to begin to swell. This swelling can cause many signs and symptoms, from mild to life-threatening.

A person who is consistently drinking too much water may experience nausea and vomiting, headaches, confusion and loss of energy. In more extreme cases, it can cause muscle weakness, spasms or cramps, seizures and can even result in coma.

Experts advise that anyone who develops severe signs and symptoms of hyponatremia should seek immediate emergency care.

How can you avoid over-hydration?

THE steps to avoid reaching the point of over-hydration involve some relatively obvious reversals of normal practice. If you’re monitoring the colour of your urine, as some people do, you should be aiming for a light yellow colour, rather than shooting for as clear pee as possible – which many people assume means the peak of hydration.

Urine shouldn’t be entirely clear and, if it is, you might be drinking more water than you need. Hignett says the ideal shade for most people is “a pale straw colour”.

People who drink too much water while taking part in marathons, ultra marathons, triathlons and



Don't take on too much water

HOW TO GET GLOWING SKIN IN THE WINTER

Perk up your complexion with these skin-boosting saviours, says KATIE WRIGHT

WHEN the summer holidays are just a distant memory and sunlight feels like a very rare luxury, our skin can start to look dull and neglected.

Cold weather is harsh on the skin, and frequently switching from icy temperatures outdoors to hot, dry air indoors is a recipe for a dry, lacklustre complexion. But that doesn’t mean you have to abandon all hope. There are numerous ways to put some zing back in your skin naturally. Try one of these glow-givers...

1 SHEET MASK

POP on an Aromatherapy Associates Hydrosol Sheet Mask, £42 for 4, for just 10 minutes and let its powerful blend of essentials oils and plumping actives deliver intense hydration, firmness and radiance.



2 COLLAGEN PILLS

FACE creams often contain collagen and hyaluronic acid but Ingenious Beauty Ultimate Collagen+ Second Generation, £42.99 for 90 capsules, gives you a daily dose of actives.



3 SKIN SUPPLEMENT

PACKED full of pomegranate, goji berries and chai seeds, Neal’s Yard Remedies Organic Berry Blend – Radiance, £15.40 (was £22), is high in vitamin C, which helps protect your skin cells against stressors. Mix one scoop daily with water or a smoothie.



4 VITAMIN C CLEANSER

GIVE lacklustre skin the boot with Fresh Vitamin Nectar Vitamin C Glow Powder, £32 for 12 sachets, which is activated with a teaspoon of water to create an exfoliating, brightening foam cleanser.



5 CLEANSING BRUSH

UPGRADE your cleansing brush with the Foreo Luna Fofo, £79, Space NK, which connects to a mobile app to read your hydration levels and prepare a personalised daily routine.



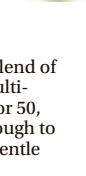
6 NIGHT CREAM

COMBINING hyaluronic and lactic acids, MooGoo Natural Night Time Face Cream, £23.90, not only moisturises but also chemically exfoliates and promotes collagen production, all while you slumber.



7 CHEMICAL EXFOLIANT

(DCL/PA)Infused with a blend of five exfoliating acids, DCL Multi-Action Penta Peel pads, £58 for 50, Cult Beauty, are powerful enough to dislodge dead skin cells but gentle enough to use every day.



8 FACE SCRUB

FORMULATED with volcanic rock, the Energising Face Scrub, £24, from men’s grooming brand Scrubd, sloughs off the dead skin cells that can lead to dullness and spots.

FAMILY HEALTH

Just give it a try!

WE'VE all heard it – and we've probably all said it – 'New year, new me'.

And everyone's thinking the same thing. This will be the year we realise we have a hidden talent for long distance running. Or, this is the year the kids will suddenly develop the ability to pick up after themselves and do as they're told.

But the reality is, 2019 is simply a new number on the calendar. You don't need to transform yourself into a new person in order to make a success of this new year.

Instead of setting yourself impossible challenges to 'become' someone, or 'something' new, why not set yourself a challenge to try something new?

PUT 'EM UP

THE idea of boxing may not appeal to everyone, but it's one of the best workouts you can do, no matter what your age or level of ability.

It's a whole-body workout, gets the heart pumping and builds flexibility and stamina, all while improving your core strength and balance.

With glamorous celebrities such as Gigi Hadid and Ellie Goulding crediting the exercise for their sculpted physiques, you probably don't need much more encouragement to give it a go. The full-body workout will help whip you into shape and help you target any problem areas.

And with Tyson Fury's spectacular return to the ring in 2018, it shouldn't be too difficult to get the kids involved either. There are plenty of kids' clubs around – whether it's boxing or another form of martial art – which will not only help with their fitness, but with their discipline and confidence too.

Boxing for fitness doesn't have to take place in a ring, there are dozens of variations which are non-contact. Boxercise, Box Fit and Box HIIT classes all incorporate boxing skills and moves without actual physical contact.

And let's not forget the huge satisfaction which comes with throwing a punch – whether it's at a bag or mitt, or into mid-air – which will be sure to help unwind and combat family, life and work stress.

MULTI-SPORT

IF you get bored of one thing easily, or you've done your fair share of 10ks but don't like the idea of increasing your distance, then a duathlon could be a great challenge for you and your family.

A duathlon is a multi-sport event where you run, cycle, and then run again. The distances for each leg vary depending on the race.

It's not a new discipline, but it is becoming more and more popular and is hotly tipped as being the exercise of choice for 2019.

Give something fun and new a go and improve your health in 2019, suggests fitness expert **RUTH LYNCH**



With plenty of entry-level races and clubs for all abilities, multi-sport events are something the whole family can get involved in.

Getting active together means you're more likely to keep it up and having you exercising with them sets a good example to the kids.

There are more than a hundred duathlons set to take place in 2019, with many incorporating junior events. If a bit of variety will help concentrate your fitness goals, or you're looking for a fun challenge the family can work towards together, then a duathlon could be perfect.

If you don't fancy something as intense as a duathlon, walking, running or getting out on your bikes are great ways to get the whole family's hearts pumping while enjoying some time together.

TEAM UP

EXERCISE classes aren't exactly a new thing, but they have seen a resurgence in recent years, with more and more people recognising the advantage of getting fit among their peers.

Peer pressure is a great motivator to keep going to classes and inserts a bit of healthy competition during sessions.

Whether it's been 10 years since you last put on a pair of trainers, or you religiously attend your local

gym, mixing it up and taking part in new/different classes will work wonders for your health.

A single cardio class a week will get your heart pumping and burn off excess calories, while adding in a step, strength or HIIT class into your usual fitness routine will help you achieve an all body workout.

NEW YEAR BOOST

THE new year is also great time to take advantage of your kids' energy. Whether this is a run around the block, a short HIIT session in the park or a bike ride you can tire them out and reach your weekly fitness goals each week in one go.

If your kids were given a fitness tracker, scooter or new bike at Christmas, then incorporate their new toy into a family fitness session. Fitness trackers are a great example of turning fitness into a game.

A new year's resolution is a great way to set yourself a challenge, but over-promising or setting yourself unachievable targets won't do you any favours.

So, let your new year's promise be to get healthy in a way you and your family can maintain, take the opportunity to see what's happening around you, and find a new way to keep the wonderful person you already are interested.

■ Ruth Lynch is Head of Fitness, Health & Communities at Life Leisure sports trust, lifeleisure.net

MY TEENAGER WANTS TO HAVE HER BREASTS ENLARGED - SURELY SHE'S TOO YOUNG

Q MY 17-year-old daughter is obsessed with having her breasts enlarged, and won't accept she's too young. What can we do to help make her happier with her natural shape and stop her wanting surgery?

A NAVNEEN CAVALE, a consultant plastic and reconstructive surgeon at King's College Hospital, London, and founder of Real Plastic Surgery says:

"When I see women requesting a breast enlargement, I often hear they've been thinking about this from a very young age - as young as 13 sometimes."

"Without a doubt your daughter is too young, and I don't know of any UK surgeon who would operate for cosmetic reasons at this age. I'd discourage surgery until about the age of 22, when they've started to settle into adulthood, and the breasts have stopped growing."

"Rather than trying to discourage your daughter, have an open discussion. Keep her on-side. She will be better off with your support - remember, all operations have the potential for complications, and not everyone offering advice may have her best interests at heart."

"Try to find out why she wants enlargement. She should only be having surgery to make herself feel better, not to compete with, or impress someone else. Think about going together to discuss options with a sensible and properly qualified plastic surgeon. Then, think together whether surgery is the best option - she may feel very differently about it in a few years' time, but if not, go back to your surgeon."

"When I see young adults, for example 18-22-year-olds requesting breast enlargement, I am happiest when they turn up with a parent (typically mum). They have often discussed things, and this is a healthy sign. They can also discuss things again after having seen me. I almost always ask them to both return to see me for a second time."

"I've also found those who wait and then proceed with surgery are usually happier with the results, perhaps because they better understand and appreciate the realities of what can be achieved. Realistic expectations are very important before going under the knife. Your daughter will almost certainly be better off waiting until she is a little older."

ASK THE EXPERT



FOOD & DRINK



INGREDIENTS
(495 calories per serving)
800g baby carrots (assorted colours, ideally), scrubbed
1tbsp cumin seeds, lightly crushed
1tbsp Aleppo pepper flakes
3tbsp blossom honey
3tbsp extra-virgin olive oil
1 onion, finely chopped
3 celery sticks, finely diced
3 garlic cloves, sliced
1tbsp ras el hanout
2 x 250g packs cooked Puy lentils
2tbsp water
A handful each of parsley and mint, roughly chopped
150g feta cheese, crumbled
Sea salt and freshly ground black pepper
1 lemon, to serve

METHOD

- Preheat the oven to 220°C/Fan 200°C/Gas 7. Line two baking trays with baking parchment.
 - If any of the baby carrots are bigger than the others, cut them so that they are all an even size, then place all the carrots on the lined baking trays.
 - Sprinkle the carrots with the crushed cumin and pepper flakes and drizzle with the honey and two tablespoons of the extra-virgin olive oil, sharing equally between the trays.
- Season with salt and pepper. Roast in the oven for 20-25 minutes, giving the carrots a good stir halfway through cooking.
- Meanwhile, heat the remaining one tablespoon oil in a sauté pan. Add the onion and cook for four to five minutes until it starts to turn brown. Add the celery and garlic and cook for another two minutes.
- Stir in the ras el hanout and cook for one minute, then add the cooked lentils with the water and warm through. Remove from the heat and stir in half the chopped herbs.
- Divide the lentils between warmed bowls and pile the roasted carrots on top. Scatter over the remaining herbs and crumbled feta, then zest over the lemon. Cut the lemon into wedges and serve on the side.

ROASTED MOROCCAN CARROTS WITH LENTILS (SERVES 4)

It's hard to eat healthy if you don't know how to cook

Inspired by his family, chef Tom Kerridge tells **JENNY STALLARD** why he's on a mission to wean us off convenience food

COOKING can often take a backseat at home. With busy schedules, the different likes and dislikes of each family member to contend with, plus the nervousness that the thought of cooking from scratch can trigger, it's all too easy to become a bit too reliant on convenience food.

It's a habit that Tom Kerridge is determined to change, however. With his new book and TV show, Fresh Start, the Michelin-starred chef is keen to get more of us back to cooking from scratch.

It might not seem easy, but it's key to a healthier 2019, he says.

"It's quite hard to make that big step to lose weight and eat healthier, if you don't know how to cook," acknowledges Wiltshire-born Tom, 45, who famously shed 12-stone himself.

"A lot of the recipes are in there to get people just cooking again; easy, quick pasta dishes,"

he adds of his new book. "Things like a turkey schnitzel with coleslaw. Things to get you back into the rhythm of being in the kitchen, but also, alongside the show, it becomes about family."

It's about building family life around food, notes the chef, who owns Michelin-starred Hand and Flowers pub in Marlow. "What it's done is encourage people to spend time together, and to spend time with their families and make it a hobby, to make food that tastes nice and the kids are interested in. You've got to start kids young, get them interested in where things come from."

Tom's own family inspiration just turned three years old in December... Since becoming a dad to Acey, his son with wife Beth, the chef is even more conscious of what he prepares.

Although, he admits: "I have the same problems as everybody else. It doesn't matter if you



dad is a Michelin-starred chef, if you want fish fingers for tea with baked beans, that's it. I've learned - and I'm trying to teach myself - that parental guilt is a massive thing that everybody has, so it's not just you.

"If they grow up thinking that burgers and takeaway pizzas is tea, then that's wrong. But if you show them how to make pizza; that's where you take control of that. You're putting the stuff on the pizza that you want to eat. It makes food fun, and that's great."

Tom adds: "There are lots of positive side-effects in cooking for yourself. You cook tea, it was

delicious; how great is that? Rather than, 'I microwaved tea, it was all right.' That leads to a new mindset and makes you feel better. It's not like we're asking people to climb Mount Everest here. It's having a go at cooking."

■ Tom Kerridge's Fresh Start by Tom Kerridge is published by Bloomsbury Absolute, priced £26. Tom Kerridge's Fresh Start is on BBC2 on Wednesdays, at 8pm.

GIN seems to have taken over the world. About three years ago I was pretty smug because I invented a gin theme in January and called it Ginuary. I'd like to think I was the first, but maybe not, as now "ginuary" is a thing.

But for you, my lovely people, that's a good thing, as yours truly is able to give you some gintastic ideas for the months ahead.

Jaismal Indian Craft Gin (£35.45, thewhiskyexchange.com, below) was released just a few weeks ago and it has a thumbs-up in my household. The gin is created in Rampur Distillery in the foothills of the Himalayas.

Seven of its 11 botanicals were chosen to represent several regions of India, and they include coriander,

RAISE A GLASS WITH JANE CLARE



vetiver, orange peel and even Darjeeling green tea leaves.

The aroma is complex, but juniper shines through, giving a traditional backbone to this interesting gin.

I was interested to read that **Wiltshire's Single Estate Ramsbury Gin** (£31.95, 3ldover.com, pictured left) is created within a mini eco-system. The heat used to distil is generated by a biomass boiler fed by trees from

Ramsbury's forest. Waste water is filtered through a reed bed which creates a wildlife habitat; and Ramsbury's livestock are fed bi-products.

Sip and know you're doing the earth a favour.

The gin is distilled with nine botanicals, including fresh quince. It is an elegant, smooth gin, and those quince notes are harmonious within a fresh, citrus nose and then taste moreish with spice and the ever-present juniper.

Over in Asda, **Extra Special Triple Distilled Premium Gin** (£16) is at the heart of the retailer's gin liqueurs, of which I may have partaken one or two sips over Christmas.

The gin came third in a Which? blind-tasting of gins under £20 so you don't really need me to add

anything. But I will. It is fresh, crisp and as precise as a crystal cut glass.

Finally, **The Infusionist Passion Fruit Gin Liqueur**

(£9.99, 50cl, Aldi, below, right) is a lush affair and the aromas are an indulgent fruit bomb of tropical fruit.

It's such a wow on the nose, you can easily forget to sip it. But not for long. Take that sip and the richness of the fruit is offset by a slash of acidity and the strength of the alcohol.

It really doesn't need tonic, just pour over a couple of chunks of ice. If you're feeling fizztastic add it to a glass of prosecco.

I'll feature a couple more gins for Ginuary before the

month is out. **ALSO IN MY GLASS...** Ooooh, the weather has turned hasn't it! I warmed up with a glass of red the other night and a simple beef stew with lots of mash. My wine was **Tesco Finest Saint-Chinian**

(£7.50, 13.5% abv), a rugged, colourful and flavoursome French wine. It's a blend of syrah, grenache, mourvèdre and carignan grapes and has been partly aged in oak for six months. The grapes, the region and the oak combine to deliver a robust red with the signature earthy and herbal notes of the Languedoc-Roussillon region.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.



INGREDIENTS
(675 calories per serving with minted yoghurt)

2tbsp garam masala
Juice of ½ lemon
1tbsp vegetable oil
Sea salt and freshly ground black pepper
For the Bombay aloo:
500g new potatoes
1tbsp vegetable oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1½ tsp ground coriander
1tsp cumin seeds
½tsp ground turmeric
1tsp ground cumin
½tsp chilli powder
400g tin chopped tomatoes
250ml water
A handful of coriander, finely chopped

For the minted yoghurt (optional):
A handful of mint leaves
150g Greek yoghurt (0% fat)

METHOD

1. For the aloo, add the potatoes to a pan of boiling salted water and cook for 12-15 minutes, until tender.
2. Meanwhile, season the lamb cutlets with salt and pepper and place them in a

LAMB CUTLETS WITH BOMBAY ALOO (SERVES 4)



the garlic and cook for two minutes. Lower the heat, sprinkle in the spices and stir for 30 seconds, then add the tomatoes and 150ml of the water. Bring to a simmer, add some salt and pepper and simmer gently for 10-15 minutes until slightly thickened.

4. Meanwhile, heat a griddle over a medium-high heat. When hot, cook the lamb cutlets on the griddle in two or three batches for three to four minutes on each side, depending on thickness. Remove to a warm plate and leave to rest under foil.

5. Meanwhile, for the minted yoghurt, if serving, blitz the mint and yoghurt in a small food processor until smooth. Season to taste with salt.

6. Add the potatoes to the tomato sauce along with the remaining 100ml water. Bring to a simmer and simmer for five minutes.

7. Stir through the coriander and taste to check the seasoning. Serve the lamb cutlets with the Bombay aloo, and minted yoghurt if you are using.

bowl. Add the garam masala, lemon juice and oil, turn the cutlets to coat in the spicy mix. Set aside to marinate.

3. Drain the potatoes, halve them and set aside. Heat the oil in a saucepan over a medium-high heat. Add the onion and sauté for five to 10 minutes, until softened. Add

INGREDIENTS
(575 calories per serving)

1kg butternut squash, cut into chunks (about 2cm)
1tbsp olive oil
500g macaroni
Sea salt and freshly ground black pepper

For the cheese sauce:

60g butter
60g plain flour
1l whole milk
1tbsp liquid aminos
60g Parmesan, finely grated
¼ tsp freshly grated nutmeg
For the topping:
A handful of sage leaves
40g sun-blushed tomatoes, roughly chopped
50g fresh breadcrumbs
2tbsp pumpkin oil (or use olive oil)
2tbsp pumpkin seeds
Green salad to serve (optional)

METHOD

1. Preheat the oven to 220°C/Fan 200°C/Gas 7. Line a large roasting tray with baking parchment.

2. Place the squash in the roasting tray. Drizzle with the olive oil, season with salt and pepper and toss to coat. Cook on the top shelf of the oven for 25 minutes or until

BUTTERNUT SQUASH PASTA BAKE (SERVES 6)



the squash is tender and browned at the edges.

Remove from the oven and let it cool slightly for a couple of minutes. (Keep oven on.)

3. Tip three-quarters of the roasted squash into a blender and blitz to a puree; set the rest aside.

4. Bring a large pan of salted water to the boil. Add the

macaroni and cook until almost al dente (two to three minutes less than the time suggested on the packet).

5. For the sauce, melt the butter in a large saucepan over a medium heat. Add the flour and cook, stirring, for one minute, then whisk in the milk and cook, whisking, until the sauce thickens slightly. Lower the heat and add the liquid aminos, Parmesan and nutmeg. Stir until the cheese has melted, then stir through the squash puree. Take off the heat and season to taste.

6. Drain the macaroni, add to the sauce and stir well. Tip into a large, deep baking dish, about 25 x 30cm.

Scatter over the rest of the roasted squash, the sage, sun-blushed tomatoes and breadcrumbs. Drizzle with the oil. Place on the middle shelf of oven, turning on the oven grill at the same time. Bake for 10 minutes.

7. Take out the dish, scatter the pumpkin seeds over the surface and return to the oven for five minutes or until the topping is golden.

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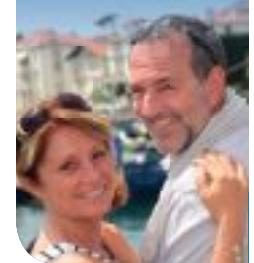
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CELEBRITY WELLBEING

I worry less about little things after Maddy's illness

As his memoir is published, Mark Austin talks to **GABRIELLE FAGAN** about war-reporting, his daughter's anorexia and how fitness helps his mental health

FOR more than 30 years, Mark Austin has covered some of the biggest news stories in the world for ITV and now Sky, and witnessed firsthand some of the most significant events of our times while working as a foreign correspondent.

The award-winning reporter – his accolades include five BAFTAs – has covered the Iraq War (during which his friend and colleague, Terry Lloyd, was killed by American gunfire), South Africa's transition from apartheid to democracy under Nelson Mandela and the Rwandan genocide, as well as natural disasters such as the Haiti earthquake and the Mozambique floods.

But the 60-year-old father-of-three, who lays bare his experiences on and off-screen in his autobiography, *And Thank You For Watching: A Memoir*, reveals his most traumatic experience was far removed from war zones.

It took place at home, watching his eldest daughter, Maddy, battle to survive the eating disorder and mental illness anorexia nervosa. At her lowest point, she weighed only five-and-a-half stone.

Here, Mark, who lives in Surrey, talks about the experience, looking after his own mental wellbeing, along with his journalistic career and why he has no plans to retire...

What's the event that's most shaken your world?

UNDoubtedly, the toughest personal time was my daughter, Maddy, suffering anorexia nervosa. It nearly killed her. Her illness began in 2012 when she was 17 and lasted three years. At one point, I was convinced I was watching her slow, inexorable death.

You experience a lot of terrifying moments when you cover wars, but that was the most shocking personally because it involved someone so close to me.

How did you cope during that time?

I STILL feel guilty that I didn't understand what was happening, or that it was a mental illness. At first, I

thought it was just a teenage fad and kept telling her to 'grow up' and to eat.

It was very difficult for several years and almost tore our family apart. I worked, because it gave some sense of normality in the middle of a nightmare and was a distraction, but I don't know if that was the right thing to do. I didn't know how to handle it at all.

You couldn't communicate with Maddy, because anorexia had its hold over her, controlled her, and was like a sort of demon within her. I feel so guilty for telling her at one point: 'If you really want to starve yourself to death, get on with it.' That came from complete desperation, frustration, being at my wits' end and just wanting the whole situation to go away.

It's a great relief that she's now at university, healthy and happy, and I'm incredibly proud of her for

taking publicly about the illness. We made a documentary together to help other parents and highlight the lack of mental health resources needed to treat a condition which costs lives. We're so lucky to still have our daughter.

Has the experience changed you?

I've consciously made an effort to worry far less about day-to-day little things, which has come about partly because of Maddy's illness. I used to worry on the small stuff of life, say whether I was going to miss out on covering a story, or being in the right place to report an event.

I know now that, every now and then, big things will come along when you really have to be strong, and they are what's really worth worrying about and concentrating on. The rest, you can't control and doesn't really matter much anyway. There's a very good saying: 'Nothing matters very much and few things matter at all.'

My wife, Catherine, a doctor dealing with life and death on the front line in A&E hospitals, has always been very good at grounding me whenever I've got stressed about work over the years, by telling me, 'It's important but in the end it's only television.'



Mark Austin, above,
reporting in Rwanda,
below left, and with his
daughter Maddy, below



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DOCTOR'S NOTE

MILLIONS of people will be quitting the booze for Dry January.

The estimated 4.2 million going alcohol free this month can expect immediate physical, psychological and emotional benefits.

Analysis of more than 2,500 social media posts discussing Dry January talk about improved sleep, appearance, energy levels, weight loss and levels of self-esteem.

The study, published in the journal *Drugs: Education, Prevention and Policy*, revealed fundraising for charity was not a prime reason to take part.

Report author Dr Henry Yeomans, of Leeds University, said: "Dry January focuses on the positives to encourage people to become new, low-alcohol versions of themselves."

Also those people taking part in Dry January can expect to be drinking less six months later.

A separate study of 800 participants by Sussex University has revealed the longer effect of taking part in the abstinence challenge. By August the average number of drinking days per week had dropped from 4.3 to 3.3 while units consumed per drinking day dropped on average from 8.6 to 7.1. Seven out of 10 participants slept better and had more energy during January while six out of 10 had lost weight.



What was it like writing the book?

IT was very upsetting at times, but cathartic in a way to revisit memories of what I'd witnessed over the years. At the time things happened, I was lucky I was able to mentally file away in a box the bad stuff I saw.

The only exception was the Rwandan genocide in 1994, which was horrific, and as a father it was even harder seeing children suffering, maimed or dead. I know reporters who experience nightmares and flashbacks of that time.

The book proved to me that I hadn't processed a lot of what I'd seen, and I think it's been good for my mental health to finally do that. Frankly, viewers only see a tiny percentage of the sheer horror and dreadful things, because you have to self-censor on grounds of taste and acceptability.

You've been in some incredibly dangerous situations – what's kept you safe?

I SURVIVED, or at least have so far, largely due to an innate cowardice. I've found cowardice is a much better protection than any amount of flak jackets, helmets and armoured vehicles.

I'm not a naturally brave person, who likes covering wars and gets an adrenaline rush from it, so I decided early on I'd take risks but they'd be calculated. That's stopped me going

to many places and doing many things in war zones, which has probably saved my life and the crew's.

Sometimes, of course, you get it wrong, and my biggest mistake was in Bophuthatswana, South Africa, in the months before Nelson Mandela was elected. There was rioting, and at one point I was marched into a field with a gun pointing at my head. I thought, 'What on earth am I doing here? I must be mad. I'm going to die!' In general and very worryingly, I think the world's a much more dangerous place for journalists, as they're now seen as legitimate targets by people such as Al-Qaeda, Islamic State and other terrorist groups, who view them almost as extensions of the state.

Will you retire?

NO, I'm still as passionate about reporting news, as I was when I started out in my 20s. News is an addiction, and working in 24-hour news for Sky is a new lease of life.

Although I'm 60, I feel the clock stopped at 52. I simply don't count the rest of the years. Running and swimming around three times a week helps clear my mind, and I play golf. I think keeping fairly fit helps mental health.

■ *And Thank You For Watching: A Memoir* by Mark Austin is published by Atlantic Books, £20.

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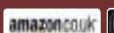
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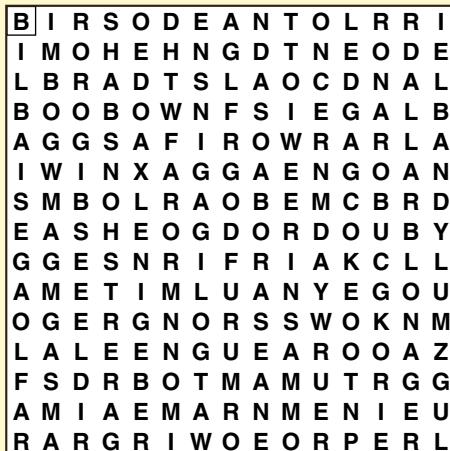
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BREAKTIME

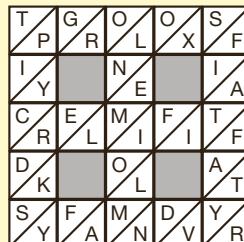
Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

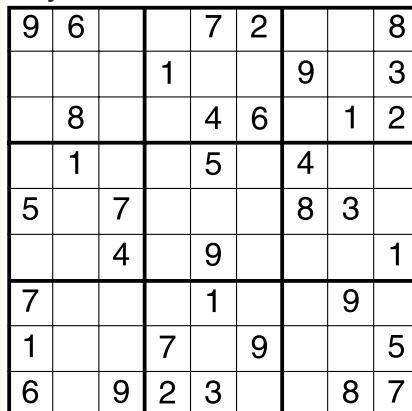
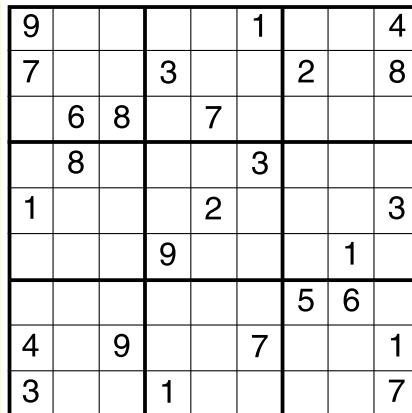
The Lord of the Rings characters

**Split Decision**

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

**Sudoku**

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

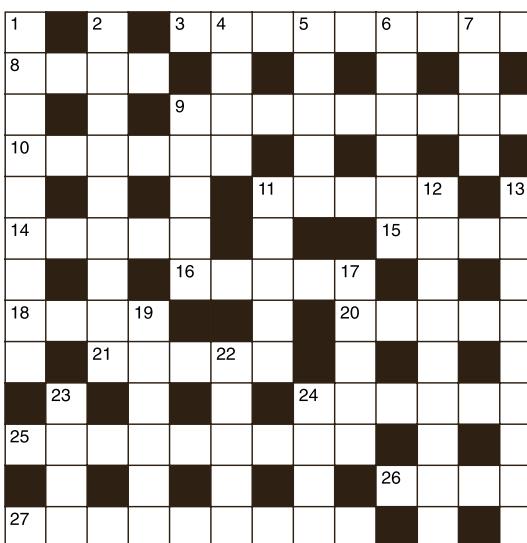
Easy**Hard****Two Speed Crossword**

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

Cryptic**Across**

- Private coach has to remain outside, according to the law (9)
- Not a good man, we hear, in the church (4)
- The best astronomy student? (4,5)
- They may be male birds or hens perhaps (6)
- Employing a rousing finale (5)
- Unhappy time for a bull (5)
- A great sea power (4)
- Thus America produced a great composer (5)
- They may be fast, but only without running (4)
- It comes from a bird and sounds inexpensive (5)
- Sharply inclined to be exorbitant (5)
- She may have to raise the issue (6)
- River rose perhaps – to fill it? (9)
- One has a lot of fun with it! (4)
- A fresh run on the daily presses (9)

- Musical pieces start openly but not exactly sure later (9)
- Adds up the drinks (4)
- Weeds are found in the backstreet (5)
- He's out of form (6)
- Close in an attack (4)
- Cheap cuts? (5)
- Appropriate (5)
- Help the dealer? (4,1,4)
- Mince meat Peter finds neither hot nor cold (9)
- Man of many parts (5)
- Accentuate, in a manner of speaking (6)
- Young swimmer in wild revel (5)
- You might say it when offering a gift, or present (4)
- Pronouncedly mean manner (4)

**Scribble pad****Quick****Across**

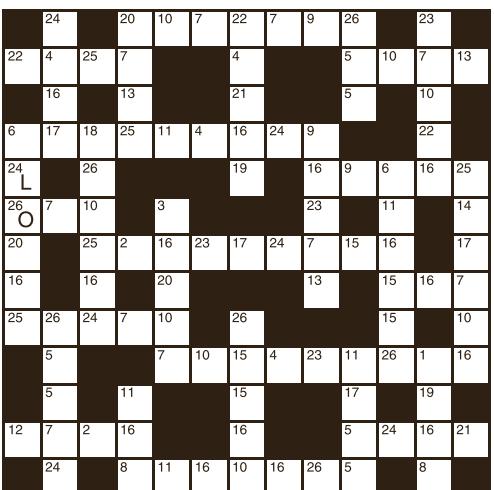
- Relating to a law (9)
- Wheel hub (4)
- Best student (4,5)
- Wading birds (6)
- Employing (5)
- Collapse (5)
- Ebb and flow of water (4)
- US composer (5)
- Stains (4)
- Young bird's cry (5)
- Precipitous (5)
- Parent (6)
- Water store (9)
- Entity (4)
- Inexpensive paper (9)

Down

- In addition (2,3,4)
- Orchestral pieces (9)
- Young children (4)
- Vetch plants (5)
- Absent pupil (6)
- Bar (4)
- Clips (5)
- Seize (5)
- Help out (4,1,4)
- Moderate (9)
- Performer (5)
- Tension (6)
- Young eel (5)
- In this place (4)
- Bearing (4)

Quiz

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.



Q1 - Michael Bublé

- What is the title of Canadian singer Michael Bublé's latest album, with which he topped the UK Charts?
- Which former vaudeville comedian and juggler starred in The Bank Dick and My Little Chickadee?
- What name is given to the cleansing of fabrics or garments using a solvent other than water?
- Which English city is famous for its Georgian architecture such as the Royal Crescent?

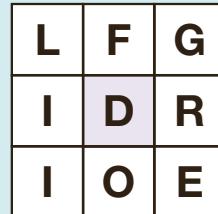
- Which Verdi opera is based on Alexandre Dumas's La Dame aux Camélias?
- Who succeeded Leopold III as King of the Belgians in 1951?
- Which British racing driver won the world championship in 1976?
- Which British actress and mistress of the future Edward VII was known as the Jersey Lily?
- Who wrote The Hobbit and The Lord of the Rings?
- What is the largest coral reef in the world?

LAST WEEK'S SOLUTIONS**Pathfinder**

West Side Story, Chicago, Starlight Express, Wicked, Phantom of the Opera, Sunset Boulevard, Cabaret, Can Can, Hairspray, Jesus Christ Superstar, Les Misérables, The Commitments, High Society, Mamma Mia!, Annie, The Wizard of Oz, Cats, Oklahoma, Saturday Night Fever, Singin In The Rain.

Two-Speed Crossword

Across: 1 Duck; 3 All clear; 8 Junk; 9 Dovetail; 11 Cheap edition; 13 Endear; 14 Tender; 17 Streets ahead; 20 Eventual; 21 Omit; 22 Everyone; 23 Oder. Down: 1 Dejected; 2 Contend; 4 Lloyds; 5 Chew the fat; 6 Erato; 7 Rely; 10 Apparently; 12 Creditor; 15 Dreamed; 16 Strain; 18 There; 19 Cede.

Wordsquare
ITINERANT**Wordsquare**

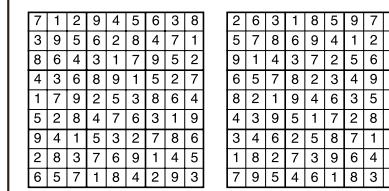
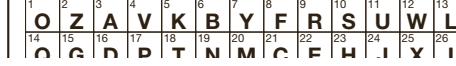
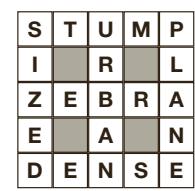
Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

20 words - average; 30 words - good; 40 words - very good; 50 or more - excellent

Quiz

1 Love Made Me Do It; 2 Drowning; 3 Sancho Panza; 4 The Bastille; 5 Fencing; 6 Henry Fielding; 7 Drupe; 8 Bayeux Tapestry; 9 Macbeth; 10 Ankara.

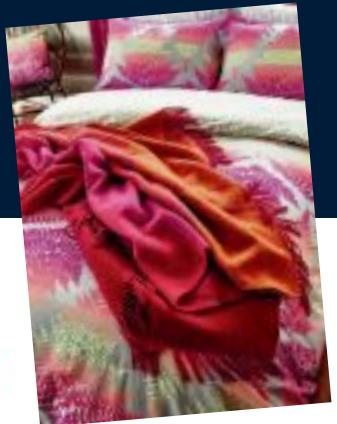
Sudoku**Codeword****Split Decision**

JANUARY 10, 2019

ESSEX.LIVE.NEWS/PROPERTY

PROPERTY & LIVING

THINK PINK
How to make the
most of this year's
trending colour
Living Coral
PAGES 44&45

A photograph of a traditional English cottage with a yellow-painted exterior and a dark, slate-tiled roof. The house features a prominent red brick chimney and several windows with white frames. It is surrounded by a lush green garden with various shrubs and trees. A wooden fence runs along the front of the property, and a paved path leads towards the entrance. The overall scene is bright and sunny, suggesting a pleasant day.

MAKING YOUR MOVE

Homes on the market for first-time buyers pages 42&43

HOT HOUSE



Getting a foot on the ladder

ROSS NORMAN-CLARKE LOOKS AT HOMES ON THE MARKET THAT ARE SUITABLE FOR FIRST-TIME BUYERS



According to figures just published by the Yorkshire Building Society, the number of first-time buyers purchasing homes with a mortgage now represents half of the property market - the highest proportion recorded for 23 years.

And with zero Stamp Duty on properties costing up to £300,000 (or on the first £300,000 of properties costing up to £500,000), plus a wide choice of 95% mortgages - and not forgetting Help to Buy on new-built properties, it isn't hard to see why. So, with this in mind, we're taking another look at properties suitable for first time buyers.

Durrant Court is a landmark Victorian industrial building within walking distance of Chelmsford city centre, which was tastefully converted for residential use in the late 1990s. Fenn Wright are currently selling a good-

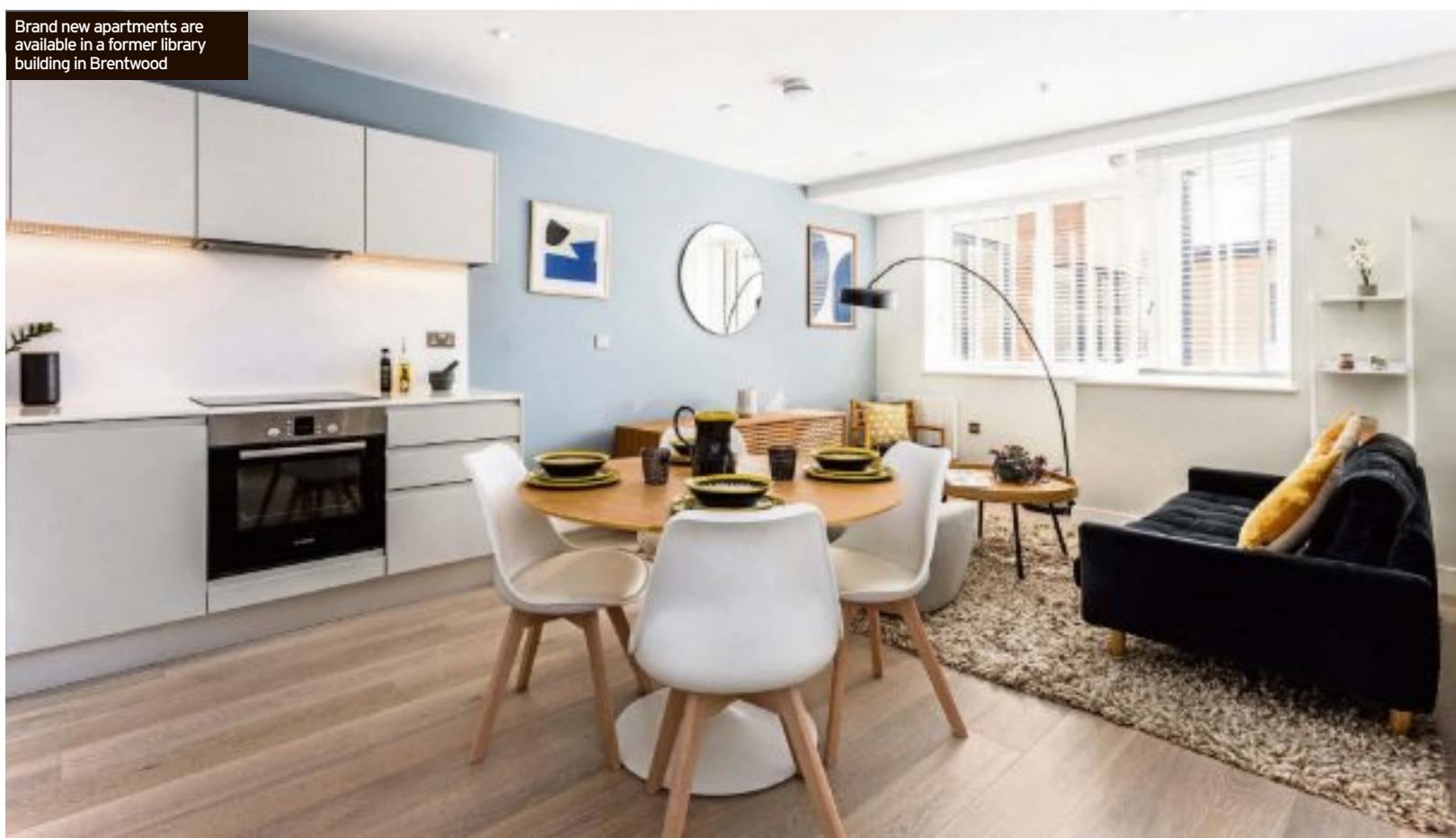
sized two-bedroom apartment on the top floor, with an asking price of £220,000, allocated parking and the added benefit of no onward chain. Served by both stairs and a lift from the building's spacious communal lobby, the apartment is one of the larger designs in the development, and offers bright, spacious rooms. It opens to an entrance hall with a storage cupboard. The lounge/diner includes two tall windows, wood effect flooring and a storage heater. The bedrooms are well-proportioned, both offering storage facilities, and the accommodation is completed by a fitted kitchen and a three-piece family bathroom.

For sale through Hetheringtons John D Wood priced at £295,000 is a spacious, split-level character apartment in a landmark building in the heart of Brentwood, within walking distance of the station and backing onto the precincts of Brentwood School. Accessed via stairs, it offers an inner hallway off which is a study/

bedroom two. Further stairs lead up to a main hallway, off which is the principal bedroom, a bright reception room, a Shaker-style kitchen/diner with granite work surfaces, and a Victorian-style bathroom with a traditional roll-top bath and high-level WC. The apartment benefits from large sash windows, a secure entry system and additional storage space in the loft.

Cross Gate Cottage in the hamlet of Rotten End near Shalford is a charming period property set in approximately $\frac{1}{4}$ of an acre of lovely gardens and surrounded by rolling countryside. With two bedrooms, two reception rooms and a conservatory, as well as a kitchen, family bathroom and utility room, it offers perfect living space for a young couple - or alternatively, those looking to downsize. Outside, to one side is a driveway offering off-road parking for several vehicles plus access to a double garage. The gardens offer a variety of mature trees, shrubs and borders, with a small

Brand new apartments are available in a former library building in Brentwood



stream running down one side. Cross Gate Cottage is for sale through Strutt & Parker with a guide price of £500,000.

On sale through Hilbery Chaplin for £270,000-£275,000 is a well-presented first floor apartment situated in a sought-after block on the west side of Brentwood and within the St. Peter's School catchment area. The property has undergone modernisation by the current owners with plantation shutters throughout, and offers a hallway with built-in cupboards, two good-sized bedrooms with fitted wardrobes, a spacious lounge, a generous-sized fitted kitchen/diner with a range of modern units complemented by granite work surfaces and some integrated appliances, and a family bathroom with both a bath and a separate shower cubicle. There is residents'

parking available both in front of and behind the block.

Beresfords are selling a number of brand new one and two-bedroom apartments imaginatively created within a former library building located close to the heart of Brentwood, and offering the last word in stylish contemporary living. The development benefits from an impressive entrance lobby, with concierge service, lifts to all floors, individual storage cages, private allocated parking and a 10-year warranty. Number 18 is a one-bed apartment with a high specification including a bespoke designer kitchen with integrated appliances, engineered oak flooring, recessed LED low energy lighting and built-in storage. Priced at £280,000 and being brand new, this apartment is not only Stamp Duty-

exempt, but it also qualifies for Help to Buy!

Finally this week, Number 7 Littlebury Court in Kelvedon Hatch is a well-presented end-of-terrace house, which has been modernised to a high standard. The accommodation comprises two double bedrooms, an 18ft dual aspect lounge with French doors into the rear garden, an extended kitchen/breakfast room with fitted appliances, and a luxury family shower room/WC, while the largely boarded loft offers ample additional storage space. Set in a pedestrianised area, the property has its own separate garage and parking space nearby. The un-overlooked and beautifully-maintained rear garden measures some 30ft in length and boasts a rich variety of plants and shrubs. The guide price: £375,000, from Keith Ashton.



A two-bedroom apartment in Durrant Close is currently on the market



An apartment is available in this landmark building in Ingrave Road, Brentwood



A first-floor apartment is for sale in Hamlet Court, Brentwood

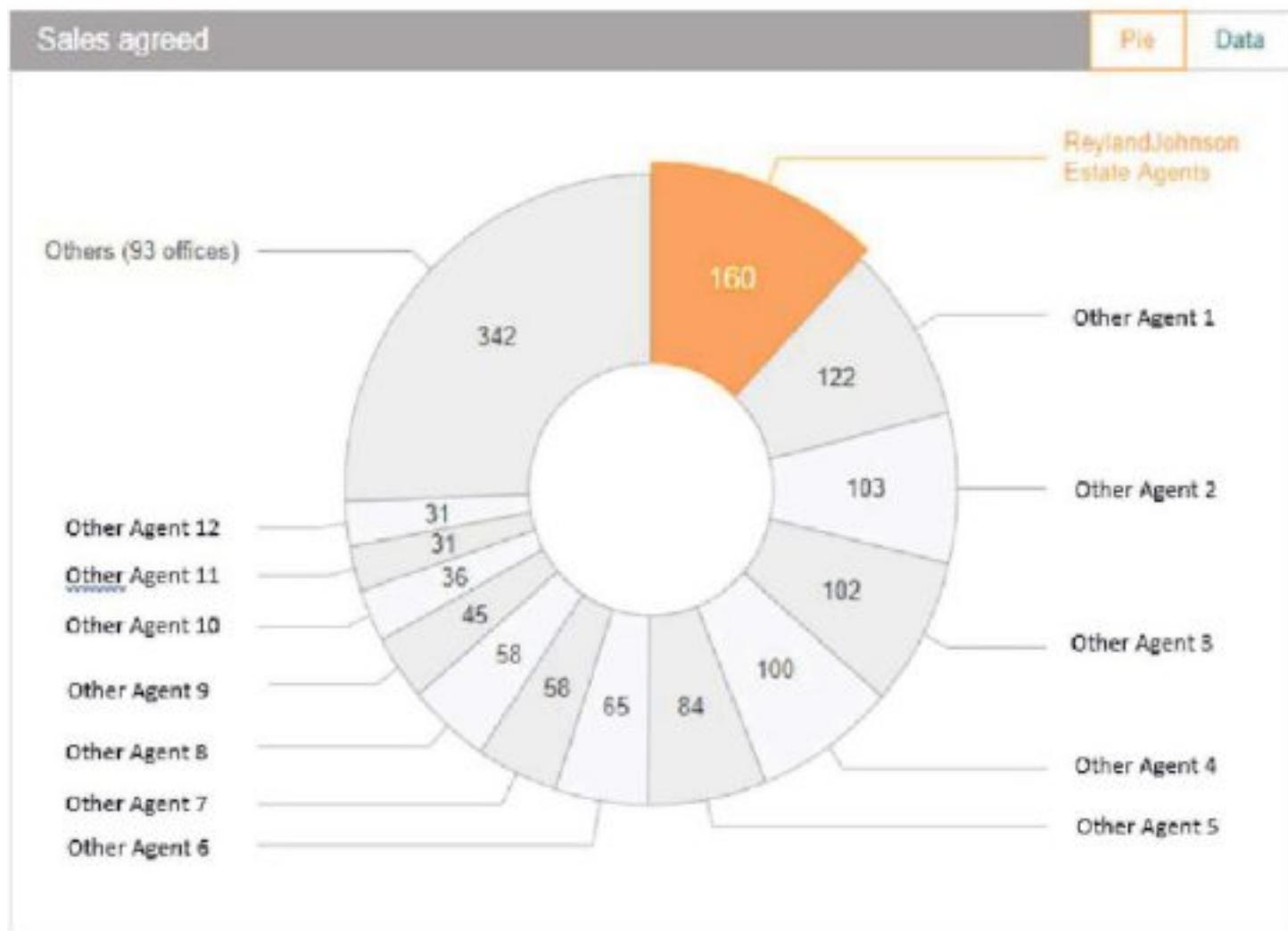
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THE BRITISH PROPERTY AWARDS are one of the most inclusive estate agency awards providers as they do not charge to enter. This has enabled their award to be structured in a manner that ensures maximum participation, on average judging over 90% of agents that meet their minimum criteria on a local level.

The team personally mystery shops every estate agent against a set of 25 criteria to obtain a balanced overview of their customer service levels. The judging criteria is both comprehensive and detailed exploring different mediums, scenarios and time periods to ensure that agents have been rigorously and fairly judged.

Robert McLean from The British Property Awards said "Our awards has been specifically designed to be attainable to all agents, removing common barriers to entry, such as cost, to ensure that we have the most inclusive awards. Our award has also been attributed with one of our awards, it is simply down to the fantastic customer service levels that they have demonstrated across a prolonged period of time. Winning agents should be proud that their customer service levels provide a benchmark for their local, regional and national competition".



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Our dedicated property managers have over 25 years of combined experience in property management & will manage every aspect of the tenancy, giving you peace of mind and taking away all the worries that come with managing your own property. We arrange all maintenance with our long list of approved trades people, provide a convenient key holding service & have an emergency out of hours facility should tenants need assistance. In addition, we conduct regular property visits which ensures a personal report is sent directly to you, process rents, produce landlord statements as well as yearly rent reviews and contract renewals.

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For the clients who choose to benefit from one of our managed services we can offer a rent guarantee policy and we can even include this cost in our monthly management fees.



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INTRODUCING WINNER FOR HARLOW (CM18-CM20)



Reyland Johnson Estate Agents have just won The British Property Award for Harlow (CM18-CM20).

Their team performed outstandingly throughout the extensive judging period, which focused on customer service levels.

Reyland Johnson Estate Agents have now been shortlisted for a number of national awards which will be announced early next year.

The British Property Awards provide agents throughout the UK with an invaluable opportunity to compare the service that they provide against the service provided by their local, regional and national competition.

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THE BRITISH PROPERTY AWARDS are one of the most inclusive letting agency awards providers as they do not charge to enter. This has enabled their award to be structured in a manner that ensures maximum participation, on average judging over 90% of agents that meet their minimum criteria on a local level.

The team personally mystery shops every letting agent against a set of 25 criteria to obtain a balanced overview of their customer service levels. The judging criteria is both comprehensive and detailed exploring different mediums, scenarios and time periods to ensure that agents have been rigorously and fairly judged.

David Gregory from The British Property Awards said "Our awards has been specifically designed to be attainable to all agents, removing common barriers to entry, such as cost, to ensure that we have the most inclusive awards. Our award has also been designed to remove any opportunity for bias or manipulation. If an agent has been attributed with one of our awards, it is simply down to the fantastic customer service levels that they have demonstrated across a prolonged period of time. Winning agents should be proud that their customer service levels provide a benchmark for their local, regional and national competition".



BRITISH PROPERTY AWARDS

2018-2019



GOLD WINNER

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IN HARLOW
(CM18-CM20)



INDEPENDENTLY
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OVER 25 CRITERIA



JUDGING YOUR
LOCAL MARKET



HOME ADVICE

With Alex Neill of Which?

ENERGY FIRMS REINED IN

Price cap should go some way to preventing worst energy company rip-offs

After years of political ping-pong, the price cap for gas and electricity prices has finally come into force. It will mean millions pay less for power, preventing the worst energy company rip-offs such as pushing up variable rates for those who do not switch.

These tactics especially hit older people and the less well off. But a survey shows most people have no idea whether it will benefit them.

For whether you rent or own your home, it's not a guarantee of price savings. It will only apply to some tariffs. And many consumers could be lulled into a false sense of security - paying more than they should.

Some suggest suppliers will find ways around the cap.

The cap applies to "standard variable" energy tariffs. You can be on this if, like millions you have never switched supplier or reverted to this after a fixed-term deal. The cap generally does not apply to fixed-rates or green energy packages.

It should prevent the "average



The days of being stressed by bills should be over for the average user of gas or electricity

household" (a technical term from energy regulator Ofgem and the power industry) paying more than £1,137 a year. This figure will be revised every six months.

The next change - calculated in February and in force in April - will reflect price increases already in the pipeline.

Ofgem says the cap is good for the 11 million households - around one in three across the country - who have not shopped around and who have been punished for loyalty by higher tariffs.

It estimates typical customers could save £76 a year while those on the highest tariffs should be as much as £120 a year better off.

But according to a new survey from WeFlip, a switching service, only one in 20 know how much they might save while just one in four believes they understand how it works. The message from WeFlip - and other switching services - is not to rely on the cap to get bills down.

Gillian Guy, Chief Executive of Citizens Advice, says: "The introduction of this cap will put an end to suppliers exploiting loyal customers. However, while people on default tariffs should now be paying a fairer price for their energy, they will still be better off if they shop around. People can also make savings by improving the home energy efficiency with better insulation and upgraded heating controls."

Comparetheremarket.com, says the average switching consumer pays £921 per year, £216 less than the cap rate.

Peter Earl, energy expert for the site, says: "We remain concerned the cap will create a false sense of saving and protection. It will also encourage inertia.

"The reality is shopping around and moving to the best fixed price deal remains the only effective way of keeping your bills low."

ESSENTIAL THINGS YOU NEED TO KNOW ABOUT THE ENERGY CAP

■ The energy cap is per unit of power. It does not cap your bill if you use more than "average".

■ The cap does not include standing charges or other fees imposed by suppliers.

■ The regulator says the price cap is a "fairer" price - not the fairest.

■ Ask your supplier if you are covered by the cap - if you are, think about switching.

■ Households on warm home discount deals and those with pre-payment meters can be affected by the cap.

■ WhichSwitch (switch.which.co.uk or phone 0800 410 1149) will be able to help.

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Guide Price £180,000 - £190,000
Offered Chain Free
Five Acres

This two bedroom first floor flat is located in the Staple Tye area of Harlow. The property has been recently redecorated and has new carpets, a fitted kitchen and bathroom. Ref 14859
View Today



A Great Garden £260,000
Hollyfield

Move straight in to this well presented two double bedroom end of terrace home which has been subject to many improvements. The property also benefits from a wider than normal size garden. Ref 14765
One To View



Guide Price £150,000 - £170,000
Life On One Level

Are you after a property all on one level? Then you'll be right at home with this one bedroom ground floor flat in the popular Radburn Close area of Harlow. Ref 14853
Call 01279 443311



Guide Price £220,000 - £230,000
Recently Refurbished

This two bedroom middle terrace home is ideal for anyone looking to get on the property ladder. The property is close to local amenities and being sold chain free. Ref 14851
Seeing Is Believing



Guide Price £425,000 - £450,000
The Chase

Stunning Family Home EPC TBC

This delightful and well presented modern town house offers good sized and flexible accommodation arranged over three floors and has the benefit of a garage with allocated parking. Call haart today to book your viewing. Ref 14823

A Must View



Could This Be Your Next Family Home? £280,000
Barn Mead

EPC D

haart are pleased to offer this three bedroom end of terrace family home with the potential (SSTP) to have off road parking. The property is within a short walk to local amenities and Abbotsweld Primary School. Ref 14860

View It, Love It



Ideal Starter Home £270,000
Carters Mead

Located on the out skirts of Harlow providing access to the A414 and the M11 is this well presented two bedroom end of terrace home. The property is ideal for anyone looking to get on the property ladder. Ref 14232
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A Delightful Period Detached Cottage OIEO £500,000
Kingsmoor Cottage

A rarely available and delightful Grade II listed detached period character cottage with garage, which sits on a generous corner plot garden of around 1/4 of an acre. The cottage boasts many period features and an internal viewing is highly recommended. Ref 14804

- Detached Character Cottage
- Grade II
- Approx 1/4 Of An Acre Plot
- Requires Some Updating
- Period Features
- Garage
- Viewing Advised
- Offered Chain Free

Call Us Today For More Information



Guide Price £300,000 - £320,000
One For The Growing Family

EPC D

haart are pleased to offer this three bedroom home situated close to schools and amenities. The property benefits from a ground floor extension. Ref 14849
Book Your Viewing Today



Guide Price £230,000 - £240,000
Comes With A Parking Space

EPC B

This two bedroom open plan top floor apartment is within walking distance to the Town Centre and Train Station. The property is ideal for a first time buyer. Ref 14802
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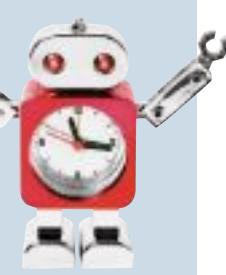
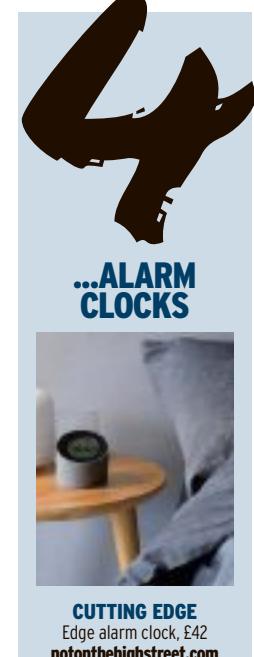


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- Private Garden
- Popular Spot
- End Of Terrace
- Bungalow
- EPC Rating: F



**£205,000
MERCERS, HARLOW**

- Two Bedrooms
- Lounge/Diner
- Lots Of Storage
- Own Garden
- Split Level
- EPC Rating: TBC



**£235,000
TICKENHALL DRIVE, CHURCH LANGLEY**

- One Bedroom
- End Terrace
- Own Garden
- Two Parking
- Lounge/Diner
- EPC Rating: TBC



**£259,000
FESANTS CROFT, HARLOW**

- Two Bedrooms
- Needs Updating
- NO CHAIN
- Potential To Extend
- End Terrace
- EPC Rating: TBC



**£264,995
HADLEY GRANGE, CHURCH LANGLEY**

- Two Bedrooms
- Mid Terrace
- Two Allocated Parking
- Kitchen / Diner
- Close To Amenities
- EPC Rating: TBC



**£270,000
SOPER SQUARE, NEWHALL**

- Two Bedrooms
- Chain Free
- Allocated Parking
- Two Bathrooms
- Share Of Freehold
- EPC Rating: C



**£270,000
WESTFIELD, HARLOW**

- Three Bedrooms
- Semi Detached
- Private Rear Garden
- Modern Interior
- Complete Upper Chain
- EPC Rating: E



**£290,000
FULLERS MEAD, HARLOW**

- Three Bedrooms
- Mid Terrace Home
- Spacious Kitchen/Diner
- Utility & Storage Area
- Good Decorative Order
- EPC Rating: TBC



**£312,500
DOULTON CLOSE, CHURCH LANGLEY**

- Three Bedrooms
- Garage & Parking
- Cul De Sac
- Mid Terrace
- Conservatory
- EPC Register: C



**£320,000 - £325,000
NEW ROAD, OLD HARLOW**

- Two Bedrooms
- Victorian Period
- Courtyard Garden
- Semi Detached
- Heart Of Old Harlow
- EPC Rating: TBC



**£330,000
MULBERRY GREEN HOUSE, OLD HARLOW**

- Two Bedrooms
- Modern Auction
- Carport Parking
- Access To Garden
- Close To Amenities
- CHAIN FREE



**£334,995
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- Four Bedrooms
- End Of Terrace
- Two Bathrooms
- Close To Town
- Popular Location
- EPC Rating: D



**£339,995
SAKINS CROFT, HARLOW**

- Three Bedrooms
- Garage & Driveway
- Cul De Sac Spot
- Two Receptions
- Semi Detached
- EPC Rating: TBC



**£375,000
DENBY GRANGE, CHURCH LANGLEY**

- Four Bedrooms
- Loft Conversion
- Lounge/Diner
- Semi Detached
- En Suite & WC
- EPC Rating: C



**£375,000
PERRY LANE, NEWHALL**

- Three Bedrooms
- High Spec Kitchen
- En Suite To Master
- Downstairs WC
- Off Street Parking For Two
- EPC Rating: B



**OIRO £392,000
AYNSLEY GARDENS, CHURCH LANGLEY**

- Five Bedrooms
- Semi Detached
- Garage & Driveway
- Modern Kitchen
- Three Bathrooms
- EPC Rating: TBC



**£395,000
HONOR STREET, NEWHALL**

- Three Bedrooms
- Immaculate Home
- Quiet Location
- Semi Detached
- Two Parking
- EPC Rating: TBC



**£399,995
COOKS SPINNEY, HARLOW**

- Three Bedrooms
- Rarely Available
- Garage & Driveway
- Potential To Enlarge
- Detached Property
- EPC Rating: TBC



**£410,000
FIR PARK, HARLOW**

- Three/Four Bedrooms
- Detached
- Bedroom Four/Study
- Chain Free
- Conservatory
- EPC Rating: TBC



**£425,000
COPSE HILL, HARLOW**

- Four Bedrooms
- Semi Detached
- Two Receptions
- Downstairs W.C.
- Garage & Driveway
- EPC Rating: TBC



**£430,000
UPPER PARK, HARLOW**

- Four Bedrooms
- Two Receptions
- Cul-De-Sac
- Semi Detached
- CHAIN FREE
- EPC Rating: TBC



**£465,000
KINGSDON LANE, HARLOW**

- Four Bedrooms
- Two Bathrooms
- No Onward Chain
- Two Receptions
- Detached Property
- EPC Rating: TBC



**GUIDE: £475,000 - £495,000
GLEBLANDS, HARLOW**

- Three Bedrooms
- Detached
- Garage & Drive
- Balcony To Master
- CHAIN FREE
- EPC Rating: TBC



**£529,999
DAVENPORT, CHURCH LANGLEY**

- Four Bed & Three Bath
- Detached
- Three Receptions
- Juliet Balcony
- Extended
- Chain Free



**£535,000
CROWN CLOSE, SHEERING**

- Three Bedrooms
- Planning For Annex
- Lots Of Potential
- Two Receptions
- Defracted Bungalow
- EPC Rating: D

WHEELS

New models for 2019

ELECTRIC DREAMS



Hyundai launches its Nexo in the spring

BY DAVID WHINYATES

If you thought 2018 was a vintage year for new cars, wait until you see what's on the way over the next 12 months. It's going to be truly electrifying!

A whole fleet of new mains-powered models are slated to hit the roads and, according to a recent survey, almost a fifth of British drivers will seriously consider buying greener, alternatively fuelled models in 2019.

Virtually every auto manufacturer will have something to offer, including a barrage of plug-in hybrids, a battery of all-electric models and even a new hydrogen-powered SUV.

So is this the beginning of the end for the internal combustion engine? Hardly, for although the UK's network of charging points is growing, petrol and diesel power will remain king until such a time as a proper, nationwide system is in place, particularly in rural areas.

Thanks to advances in battery and powertrain technology, however, many of the new EVs appearing this year will provide longer ranges than ever before and will prove more attractive to buyers.

The new, battery-powered Kia e-Niro, due to hit the roads in April, will cover more than 280 miles before needing a re-charge. It costs just under £33,000 after the Government's recently-reduced £3,500 electric car grant.

At the other end of the EV scale, the all-new Porsche Taycan four door sportscar, is due to be revealed later this year. Based on the company's Mission E concept car, it is being

claimed to have a range in excess of 300 miles and is expected to cost around £60,000.

The two may be poles apart in terms of power, desirability and performance, but together they provide ample evidence of the rapid advances in electric-power technology.

In between there'll be plenty of other newcomers to choose from in 2019, both electrically and conventionally powered, not least of which will be the long awaited MINI Electric, the order books for which will open later in the year.

A new Jaguar XJ with twin electric motors is also on the cards, building on the massive success of the I-PACE, while Aston Martin is expected to reveal its first all-electric sports car, the Rapide E in 2019.

An all-new Vauxhall Corsa will be announced in the Spring with both petrol, diesel and electric power. It will share its underpinnings and powertrains with a new Peugeot 208 with both cars expected to be unveiled at the Geneva Motor Show in March.

Now part of the French Peugeot-Citroen (PSA) conglomerate, Vauxhall is taking advantage of PSA's expertise in alternative-fuel technologies.

That expertise will also be seen in a couple of newcomers from PSA's prestige brand DS. The new plug-in hybrid DS 7 Crossback E-Tense will arrive next Spring and the smaller, all-electric DS 3 Crossback E-Tense is due on sale in the Autumn and is expected to cost less than £30,000.

Over in Germany, the country's

prestige car makers Audi and Mercedes-Benz will be launching rival battery-powered SUVs in the new year. The new Audi e-tron will arrive in the Spring, while the Mercedes EQC is slated for launch in the Autumn. Both cars are credited with a 249 mile range under the new WLTP test procedure which is designed to be tougher and provide more realistic fuel consumption figures for petrol and diesel cars and more accurate range estimates for electrically-powered vehicles.

Japanese and Korean makers remain at the cutting edge of alternative-fuelled technology and one of 2019's most significant newcomers will be the Hyundai Nexo which uses a hydrogen fuel cell to achieve a range of over 400 miles.

While Hyundai is committed to

developing fuel-cell technology, the launch of the Nexo in the spring is little more than a dipping-a-toe-in-the-water exercise given the expected price-tag of around £60,000 and that there are few hydrogen refuelling points outside London.

A more affordable and practical option will come from sister company Kia which will launch a new version of the battery-powered Soul EV later in the year with a more powerful 64kWh powertrain and a single-charge range of approaching 300 miles.

Around the same time, Honda will reveal a rival to the boxy Soul in the shape of its funky-looking Urban EV. Details are scant at the moment but it is expected to have a range of around 150 miles and a sub-£30,000 sticker price. Next year will also see the arrival of a hybrid version of the Honda CR-V.

Of equal significance will be the 2019 arrival of a batch of hybrid-powered newcomers from Toyota.

A new Toyota Corolla will arrive in February, replacing the Auris, in hatchback, saloon and estate body styles with either 1.2-litre petrol engine or 1.8 and 2.0-litre hybrid powertrains. It will be followed in the Spring by the return of the Toyota Camry - which replaces the Avensis - and a new generation RAV-4, both of which will have 2.5-litre hybrid power trains.

Away from alternative-fuel vehicles there'll be plenty of tasty new conventionally powered models with cleaner and leaner petrol and diesel engines for buyers to drool over but, for sure, whichever way you look in 2019, the future is increasingly electric.



The Porsche Taycan is based on the Mission E concept car

TEST DRIVE

VW Caddy Life Max



TIME TO CONVERT?

BY DAVID WARD

CARS converted from vans have been around a long time and the early days models were in all honesty pretty crude with a couple of rear seats and panel glass windows thrown in as an after thought.

They were basic in every sense of the word but were functional for owners then who used them as their weekday workhorse before becoming the family transport at the weekends.

Times have changed of course and today such mini-styled people carriers are far more modern, fitted out with car-like features and the latest on-board technology whilst remaining practical and affordable to run.

The choice too is wider than ever and for those motorists who don't want a mid-size or larger MPV yet still want a bit of quality and extra comfort on board then Volkswagen's Caddy Life is one answer.

Yes, they are a bit dearer than many rivals in this sector - the Caddy Life range starts at around £20,000 through to topping £28,000 - but as with all VW cars they have that extra edge in terms of quality interior and finish and underneath well proven mechanical hardware from the group's workshops.

The Caddy Life tested here was powered by a 148bhp turbodiesel with a six-speed DSG automatic gearbox and offered as a seven-seater and it does fit seven people as encountered on test and yes the two

rear seats occupiers were young children who said it was not claustrophobic.

This Caddy though is certainly spacious with loads of room and with those two rear seats folded down luggage space becomes an incredible 2,880 litres.

For the driver the Caddy naturally, because of its van origins, does feel a little like driving one with its upright design but with a considerable more amount of home comforts on board and of course with the high driving position gives excellent all round

vision.

The diesel engine has already been well proven across the VW car range and in the Caddy it's responsive when demanded, exceptionally quiet for a diesel and economical too, returning an average of just on 48.5mpg, close to the official 55.4mpg.

With plenty of low down torque [i.e. pulling power] this people-carrying Caddy can easily accommodate a full compliment of passengers and in decent comfort too while for the driver it's very much like driving a

VW car like a Golf with almost an identical dashboard layout with sensibly positioned dials and controls, easy to read and with all the latest in-car technology with media connectivity.

As one would expect from VW there are plenty of safety features on board, like airbags and the like, while obviously bearing in mind the Caddy's van origins there's plenty of luggage and handy storage spaces.

As for the actual ride of this Caddy it's surprisingly good despite underneath having the traditional

van styled rigid rear axle and older styled leaf springs rather than independent suspension on cars and you do feel the harder bumps on the road a bit more but it's not uncomfortable. Wind and tyre and tyre noise is fairly suppressed too.

It's always tricky for a motorist to opt for a van style conversion today but they're more car-like now and have the same home comforts on board and always it's a question of having a dual purpose mode of family transport for many households.

The Caddy Life tested is naturally at the top end in terms of engine, furnishings and fittings and there are cheaper versions around but as always it's a question of horses for courses as the saying goes and at the end of the day down to household budgets when it comes to choice.



AT A GLANCE

- Model: Volkswagen Caddy Life 150PS TDi Auto
- Price: £28,000
- Mechanical: 148bhp 1,968cc, 4cyl diesel engine driving the front wheels via six-speed manual gearbox
- Max speed: 121mph
- 0 to 62mph: 9.9 seconds
- Combined mpg: 55.4
- Insurance group: 16
- CO2 emissions: 133g/km
- BIK rating: 31%
- Warranty: 3yrs/100,000

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CARS PER WEEK

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(12) Vauxhall Corsa Active, in black, One previous owner, full history, Air con, alloys and many factory extras	£3499 or £12pw
(14) Nissan Micra 1.2 Acenta 5Dr, in silver, immaculate, bluetooth, climate, alloys and more	£4699 or £15pw
(11) Hyundai i30 1.4 Comfort 5Dr (ISG), in black, 1 previous owner, FSH, sat nav, panoramic roof	£4999 or £20pw
(14) Toyota AYGO 1.0 VVT i-Move, in black, sat nav, bluetooth connection, alloys, £0 road tax per year	£4999 or £20pw
(09) Ford Fiesta 1.25 Zetec 5Dr, in silver, full service history, bluetooth, air con and more	£4999 or £20pw
(11) Skoda Fabia 1.2 TSI Monte Carlo 5Dr, in red, 1 previous owner, fish, heated front seats, tinted glass	£5499 or £22pw
(59) Volkswagen Polo 1.4 SE 5Dr, in red, 1 previous owner, full service history, low mileage, tinted glass	£5699 or £24pw
(62) Vauxhall Zafira 1.6 i VVT 16v Design 5Dr, in bronze, 7 seater MPV, 1 previous owner, tinted glass	£5999 or £25pw
(64) Smart fortwo 1.0 Grandstyle, in black, one owner, sat nav, pan roof, bluetooth, black alloys, low mileage	£5999 or £25pw
(08) Toyota Auris 1.5 T Spirit CVT 5Dr, in blue, great condition, great mileage, full service history, high spec	£5999 or £25pw
(14) Dacia Sandero Stepway 1.5 dCi 5Dr, in white, fsh, bluetooth, tinted windows, alloys	£5999 or £25pw
(62) Toyota Auris 1.6 V-Matic 5Dr, in silver, Parking sensors, reverse camera, bluetooth, cruise, electric folding wings	£5999 or £25pw
(15) Volkswagen UP! 1.0 Move up! 5Dr, in red, full Volkswagen history, 1 owner, great first car	£5999 or £25pw
(14) Nissan Note 1.2 Acenta, in grey, one owner, new shape, bluetooth, alloys, cruise, aux in and more	£5999 or £25pw
(64) SEAT Ibiza 1.2 TSI FR Sport Coupe 3Dr, in black, 1 previous owner, sat nav, bluetooth FR body kit	£6299 or £25pw
(13) Fiat 500C 1.2 Lounge 2Dr, in red, 1 owner, full fat service history, bluetooth, half leather	£6299 or £25pw
(13) MINI Hatch 1.6 Cooper (Sport Chili) 3Dr, in blue, one owner, bluetooth connectivity, DAB radio	£6699 or £26pw
(64) Citroen DS3 1.2 PureTech 3Dr, in white, 1 Previous owner, FDSH, 16"Alloys, Cruise Control, AUX in	£6699 or £26pw
(10) Honda FR-V 1.8 i-VTEC EX 5Dr, in silver, one owner, full service history, Bluetooth, Leather Upholstery, Parking Sensors	£6699 or £26pw

CARS PER WEEK

(65) Fiat 500 1.2 Lounge (s/s) 3Dr, in mint green, one owner, full fat service history, parking sensors, pan roof	£6999 or £29pw
(13) Renault Megane GTLine TT 3Dr, in blue, fsh, rare car, sat nav, reverse camera, electric folding wings	£6999 or £29pw
(62) Renault Scenic 1.6 VVT Dynamique Tom Tom 5Dr, in silver, 1 previous owner, Sat nav, parking sensors, bluetooth	£6999 or £29pw
(60) Toyota Corolla 1.4 VVT-i 5Dr, in black, great condition, very low mileage, £30 a year road tax	£6999 or £29pw
(62) Honda Civic 2.2 i-DTEC ES 5Dr, in black, climate control, alloys, full service history and much more	£6999 or £29pw
(63) Ford B-Max 1.4 Zetec 5Dr, in silver, full service history, parking sensors, electric folding wing mirrors, DAB	£6999 or £29pw
(15) Smart Fortwo 1.0 Prime (s/s) 2Dr, in silver, low mileage, sat nav, pan roof, heated leather seats	£7499 or £34pw
(61) Nissan Juke DIG-T Acenta, in black, Sat Nav, Leather Upholstery, Heated Front Seats, Reversing Cam	£7499 or £34pw
(15) Vauxhall Insignia 2.0 CDTi ecoFLEX Design 5Dr, in silver, 1 previous owner, full service history, cruise, hill start	£7699 or £36pw
(64) Volkswagen Caddy 1.6 TDI C20 Panel Van, in white, one owner, fsh, Bluetooth, alloys, cruise control	£7699 +VAT or £36pw
(13) Chevrolet Orlando 2.0 VCDI LTZ 5Dr, in Hazel/Brown, one owner, fsh, Alloys, Cruise, Rear Parking Sensors	£7699 or £36pw
(10) Honda Accord 2.0 i-VTEC ES GT 4Dr, in silver, 1 previous owner, full Honda service history, climate control, half leather	£7999 or £40pw
(63) Renault Captur 0.9 TCe Expression +, in blue, Full service history, Bluetooth Connectivity, Cruise Control and more	£7999 or £40pw
(15) Renault Clio 0.9 TCe Dynamique S Nav 5Dr, in red, one owner, full service history, Sat nav, parking sensors	£7999 or £40pw

CARS PER WEEK

(66) Peugeot 208 1.2 PureTech Active, in black, one owner, low mileage, full service history, parking sensors and more	£7999 or £40pw
(13) Ford S-Max 1.6 TDCi Zetec 5Dr, in silver, 1 owner, full service history, parking sensors and more	£7999 or £40pw
(63) Ford Focus 1.0 SCTi EcoBoost Titanium Navigator, in red, full service history, sat nav, cruise, parking sensors	£7999 or £40pw
(62) Toyota Auris 1.6 V-Matic Icon M Drive Auto, in red, full Toyota service history, sat nav, bluetooth and more	£8299 or £41pw
(64) Abarth 500 1.4 T-JET, in grey, 1 previous owner, alloys, privacy glass, alloys and much more	£8499 or £41pw
(62) BMW 1 Series 2.0 116d SE, in blue, colour screen, bluetooth connectivity, alloys, great mileage	£8499 or £41pw
(15) Volkswagen Polo 1.0 TSI BlueMotion Tech SE, in white, 1 previous owner, full service history, great spec and more	£8499 or £41pw
(15) Ford EcoSport 1.0 EcoBoost Titanium, in black, Parking sensors, bluetooth connectivity, Aux in and more	£8699 or £42pw
(15) Nissan Pulsar dCi N-TEC, in blue, 1 owner, sat nav, reversing camera, bluetooth, DAB radio and more	£8699 or £42pw
(10) Nissan Qashqai 1.6 TEKNA, in black, full dealer service history, sat nav, pan roof, leather, top spec	£8699 or £42pw
(15) Vauxhall Zafira Tourer 1.4 Turbo Exclusiv, 7 seater MPV, in black, low mileage, one previous owner, parking sensors	£8999 or £43pw
(11) BMW X1 2.0 18d SE xDrive 4x4, in grey, parking aid, tinted windows, AW/D and much more	£9299 or £43pw
(64) Vauxhall Mokka 1.4 Turbo SE 5D, in Orange, leather upholstery, cruise control, parking sensors	£9499 or £44pw
(13) BMW 1 Series 120d M Sport 2Dr, in blue, upgraded alloys, climate control and much more	£9499 or £44pw
(15) Mazda 6 Sport Nav Saloon 4DR, in white, one previous owner, leather, nav, sensors, cruise control and much more	£9999 or £50pw
(66) Nissan Juke Acenta petrol, in black, one owner, full Nissan history, still under Nissan warranty till 2019 only 10k miles	£9999 or £50pw
(64) Citroen C4 Picasso Exclusiv 5DR MPV, in grey, Nav, Bluetooth, Rear camera, panoramic dah and more	£9999 or £50pw

CARS PER WEEK

(63) Audi A4 Avant SE technic estate, in grey, leather, sat nav, Bluetooth, parking sensors and many factory extras	£10699 or POA
(14) Citroen Grand C4 Picasso Exclusive+ 7 Seater Diesel Auto, in bronze, full Citroen history, Nav, pan roof, leather trim	£10999 or POA
(14-16) Nissan Qashqai new shapes, Choice of 6, Pan roof, Sat nav, Bluetooth, Rear camera, cruise control and more from	£10999 or POA
(62) BMW 5 Series 520d M Sport Diesel Auto, in Grey, sat nav, Bluetooth, full black leather, parking sensors, cruise control	£11699 or POA
(65) BMW 1 Series 120d Sport Hatchback, in white, One Previous owner, Sat nav, Bluetooth, DAB radio, Upgraded sports seats	£11699 or POA
(16) Skoda Yeti SE Outdoor Petrol 5Dr, in grey, One Owner, Full Skoda History, parking sensors, Bluetooth, tinted windows	£11999 or POA
(65) Audi A3 1.4 TFSI SE Petrol, in grey, one owner, full service history, Bluetooth Connectivity, DAB Radio, Alloys and much more	£11999 or POA
(64) Volkswagen Touran Tech SE DSH 7 Seater Diesel Auto, in blue, One previous owner, Bluetooth, alloys and more	£12999 or POA
(66) Kia Sportage 1.6 GDi 1 5Dr, in black, one owner, Full Dealer Service History, Manufacturers Warranty until Sept 2023	£12999 or POA
(14) Skoda Superb 2.0 TDI Elegance 5Dr, in blue, one owner, fsh, Sat nav, bluetooth, alloys, climate control	£13699 or POA
(15) Ford Kuga 2.0 TDci Titanium X, in grey, full service history, one owner, Leather Upholstery, Heated Seats, Pan roof, Sensors	£13999 or POA
(64) Jeep Cherokee Limited, in blue, low mileage, one owner, Sat nav, Bluetooth, leather, cruise control and much more	£14699 or POA
(15) Vauxhall Insignia VXR Petrol, in black, full Vauxhall history, nav, ooc screen, auto lights, top spec, climate control	£15699 or POA
(65) Ford Kuga 1.5 EcoBoost Titanium X AWD 5Dr, in grey, one owner, Pan roof, leather, heated front seats, DAB radio	£16999 or POA
(13) Toyota Prius + T Spirit petrol auto, in blue, full service history, hybrid, 7 seater, nav, pan roof and much more	£17999 or POA
(66) Ford Tourneo Custom 310 Titanium TDCi, in black, front and rear parking sensors, full leather, 9 seater	£19999 or POA
(65) BMW 6 Series Grand Coupe 640d M Sport, in blue, diesel, auto, sat nav, heads up display, full leather top spec	£22999 or POA

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TEST DRIVE

Volvo XC40

SWEET AND TUNEFUL



BY PETER HAYWARD

DESPITE the fact that the latest diesels have emissions as clean as petrol engines, governments have not caught on to this and are looking to ban them from city centres.

In turn, drivers worried about driving one in the future are turning away from them.

Add the recently government inflated massive price difference between the two, and diesel sales are falling fast.

Of course, petrol economy has also risen dramatically over the past few years, with the car manufacturers looking to squeeze as many miles as possible from every gallon.

Volvo's latest S60 saloon, which is being produced first in the USA, does not offer any diesel powerplants at all.

And that despite the fact that the corresponding V60 estate has some excellent diesels available in Europe.

High riding 4x4s and their many front wheel drive brothers sold mainly in diesel form up to now.

But the multi-award winning Volvo XC40 is capable of 45mpg in its sweet and tuneful 1.5 petrol turbo form, and it is such a good car that I can see it becoming the mainstay of the range.

It's also available with a 2.0-litre diesel that's capable of 58mpg of course, and this one also drives really well.

But my favourite is the petrol because it's a delight to drive in every way.

The engine is willing, gutsy and

tuneful, yet smooth, quiet and refined as well - just like the rest of this family-sized SUV.

It pulls beautifully in the lower five of the six speed manual gearbox, and uses sixth as a cruising gear to save fuel.

This engine is only available with front wheel drive and a manual gearbox, but almost all the other models in the range can also be had with four wheel drive (4WD) and an automatic 'box.

It seems that most buyers of SUVs

are quite content with 2WD, which usually gives better economy and lower emissions of course.

There is a very slight thrum from the three cylinder turbo if it's asked to pull from under 1,500 revs, but this is a trait of many three cylinder units and most drivers would not even notice.

The XC40 feels great on the road, with very good grip and roadholding even in wet conditions, and excellent comfort even when driven along a poorly surfaced country road at

speed.

It also soaks up the worst surfaces in town, and takes speed humps in its stride.

The best gears for overtaking safely are third and fourth which give excellent response from almost any speed.

Both exterior and interior are stylish and beautifully built, with soft feel materials all round the cabin, and plenty of rear legroom plus a very good size boot.

The high tech digital dash and

standard vertical sat nav, climate and car function screens, both work brilliantly and other equipment, in Momentum Pro guise, should be enough for just about anyone.

This includes Bluetooth, LED headlights, rear parking sensors, cruise control, heated and electrically adjusted driver's seat, headlamp washers, active headlights that turn with the steering and a heated windscreen.

And as with all Volvos, it comes with a raft of electronic safety devices in the standard City Safety pack, including the ability to detect vehicles, pedestrians, cyclists and large animals ahead, and then alert the driver.

If the tech detects an imminent collision, it will even automatically apply the brakes!

If you're in the market for a smaller SUV, the XC40 is so good I would not buy anything else before you drive it.



AT A GLANCE

- Model: Volvo XC40 T3 Momentum Pro
- Price: £29,160
- Mechanical: 156bhp, 1,477cc, 3 cylinder petrol engine driving front wheels via 6 speed manual gearbox
- Max speed: 124mph
- 0-62mph: 9.4 seconds
- Combined mpg: 45.6
- Insurance group: 22
- CO2 emissions: 144g/km
- BIK rating: 29%

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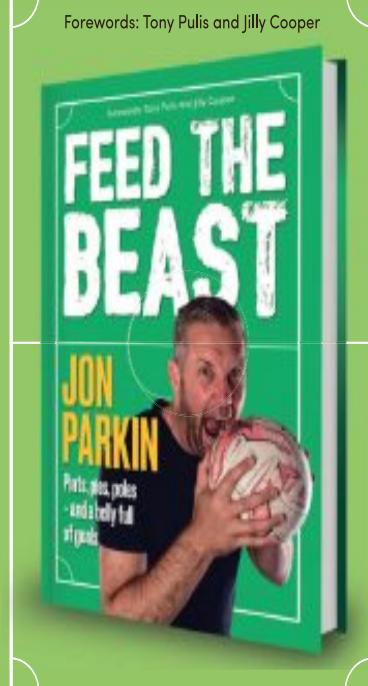
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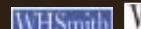
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Lost & Found - Pets



Baxter went out as normal Saturday 22nd December but is yet to return home to Pilgrims Hatch area, Brentwood. He is microchipped and neutered. He has light beige rings around his eyes, black stripes on his legs and a spotty belly.

Please could you check all homes, gardens and outbuildings in case he is stuck inside. I would be grateful if you could let me know if you see him.

Many thanks
07849103973 Hannah2301@hotmail.com

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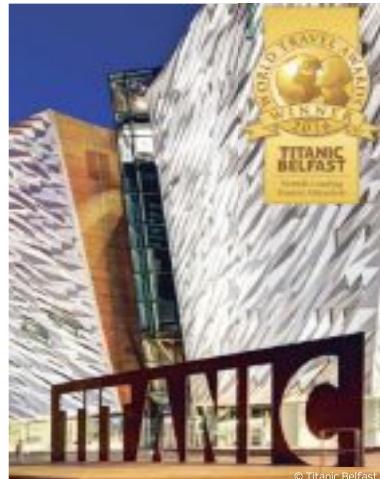
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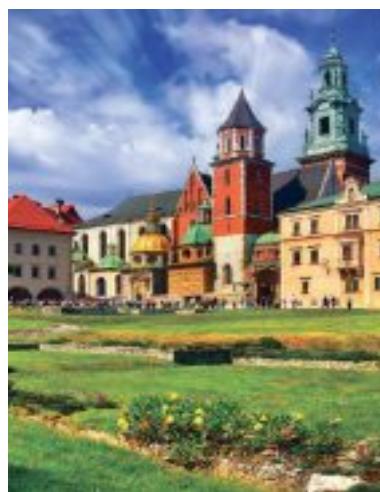
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Business

Public Notices

Essex County Council

(Maypole Boulevard, Harlow) (20mph Zone) Order 201*
Notice is hereby given that Essex County Council proposes to make the above Order under Sections 84(1) (a) and (2) and Parts III of Schedule 9 of the Road Traffic Regulation Act 1984.

The effect of the Order: To introduce a 20mph Zone on Maypole Boulevard in the District of Harlow, from a point approximately 15 metres south of its junction with Newhall Way, in a southerly direction for a distance of approximately 290 metres (to include the entire length of the western arm of Maypole Boulevard).

Further details: A copy of the draft Order, a copy of this notice, a map illustrating the proposal and a Statement of Reasons may be examined at all reasonable hours at Essex County Council, County Hall E block main reception, Market Road, Chelmsford; Harlow District Council, Civic Centre, The Water Gardens, Harlow and at Harlow Library, The High, Harlow. These documents can also be viewed on the Essex Highways website: <http://www.essexhighways.org/Transport-and-Roads/Highway-Schemes-and-Developments/Traffic-Regulation-Orders.aspx>

Objections: Anyone who wishes to object to the proposed Order should send the grounds for their objection in writing to 'TRO Comments, Network Assurance, A2 Annex Seax House County Hall, Victoria Road South, Chelmsford, Essex, CM1 1QH' or e-mail to TrafficRegulation.Order@essexhighways.org quoting reference TRAF/6845 by 1 February 2019.

Dated: 11 January 2019
Essex County Council, Network Assurance, A2 Annex, Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH
Telephone: 0345 603 7631
Website: www.essex.gov.uk/highways

(Hoe Lane, Nazeing)

(Temporary Prohibition of Traffic) Order 2019

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice, to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Hoe Lane, Nazeing in the District of Epping Forest, from a point approximately 305m northwest of its junction with Palmers Grove for a distance of approximately 210m in an easterly direction. The closure is scheduled to commence on 28th January 2019 for 17 days, or where stated on a valid permit (KA010GCM003037 – Gigaclear Limited). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The closure is required for the safety of the public and workforce while works to install fibre optic broadband are undertaken by Gigaclear Limited.

An alternative route is available via Hoe Lane, Middle Street, Nazeing Common, Betts Lane and vice versa.

The Order will come into effect on 17th January 2019 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Notice Of Confirmation of an Order Highways Act 1980 – Section 119 Public Path Orders 2018

Footpath 1 Nazeing in the district of Epping Forest Section 118

Extinguishment of (Part of) Footpath 1 Nazeing

A part length of Footpath 1 commencing from grid reference 53903,20674 where it joins the unaffected part of Footpath 1 and runs in a generally west north westerly direction for a total distance of approximately 170 metres to grid reference 53888,20683 where it connects to the highway known as Nursery Road will be extinguished and replaced by the below Created Footpath.

Section 26

Creation of a New Footpath

A length of footpath being 2 metres in width over and along ALL THAT strip of land situated south of Eastside Nursery Nazeing in the District of Epping Forest in the County of Essex being land between the existing length of path west of North Street and Nursery Road, shown on the map numbered NAZ CRE1 annexed hereto marked by a bold dashed black line. The Footpath commences at grid reference 53903,20674 and runs in a generally west north westerly direction on the northern side of the existing trees and then in a south westerly direction for a distance of approximately 100 metres to grid reference 53893,20675 and then in a generally west north westerly direction for a further distance of 126 metres to where the footpath connects to Nursery Road at grid reference 53883,20681.

A copy of the Orders and the Order Maps have been placed in and may be seen free of charge at Epping Forest District Council, Civic Offices, High Street, Epping, CM16 4BZ and at Chelmsford Library, Market Road, during normal working hours. Copies are available on request from the Chelmsford Library at a charge.

The new path come into effect on 16th January, 2019. But if any person aggrieved by an order wants to question its validity, or that of any provision contained in them, on the ground that they are not within the powers of the Highways Act 1980, as amended, or on the ground that any requirement of the Act, as amended, or of any regulation made under the Act has not been complied with in relation to the Orders, he or she may, under paragraph 2 of Schedule 2 to the Act as applied by paragraph 5 of Schedule 6 to the Act, within 6 weeks from the date of this Notice, make an application to the High Court.

Dated 10th January, 2018

County Hall, Market Road, Chelmsford, Essex

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TOWN AND COUNTRY PLANNING ACT 1990 PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 Planning (Listed Buildings and Conservation Areas) Regulations 1990 Town and Country Planning (Development Plans and Consultation) Directions 1992 PUBLIC NOTICE OF APPLICATIONS	
The following applications have been received by Harlow District Council. These applications and others received can be inspected at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex, CM20 1WG on Monday – Friday, 9am – 4:45pm. If you are unable to view the plans during these times, please telephone Planning Services on (01279) 446856 where a suitable appointment can be made with the relevant case officer.	
Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.	
Application No:	HW/FUL/18/00525
Application Type:	Full Application
Location:	Self Build Plot Adjacent To 3 Sparrowhawk Way Meadow Lane Newhall Harlow
Proposal:	Proposed Single Three Storey, Five Bedroom Dwelling
Reason for Advert:	Local Public Interest
Application No:	HW/FUL/18/00548
Application Type:	Full Application
Location:	Plot 17 Harlow Business Park Roydon Road Harlow
Proposal:	Erection of two new industrial buildings, subdivided into five units, to provide 2,607 sq.m of B1c, B2 and B8 Use, together with access, parking and landscaping.
Reason for Advert:	Major Development
Application No:	HW/FUL/18/00522
Application Type:	Full Application
Location:	Edinburgh Gate Car Park Edinburgh Gate Harlow Essex
Proposal:	Creation of Temporary Vehicular Access
Reason for Advert:	Local Public Interest
Application No:	HW/FUL/18/00475
Application Type:	Full Application
Location:	1 - 2 Bromley Farm Cottages Netteswell Road Harlow Essex
Proposal:	Change of Use From 2 Residential Dwellings to Temporary Supported Accommodation
Reason for Advert:	Harlow District Council Application Within A Conservation Area and for Local Public Interest
Application No:	HW/TP/18/10067
Application Type:	Works To Trees in a Conservation Area
Location:	Netteswell Plantation Second Avenue Harlow Essex
Proposal:	Coppicing an Over-Mature White Willow Stand As Part of A Restoration Project Around Netteswell Pond In The Netteswellbury Conservation Area
Reason for Advert:	Tre Works Within a Conservation Area

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ANGELA, sturdy young minded lady 48 yrs young. Loves to have fun and has a very outgoing personality. If you are looking for some fun times give her a call. Tel: 0906 515 3816 Box No: 432877

DIANE, 55+, successful, attractive woman, confident, bubbly, positive, social with everything, but that special someone in her life. Tel No: 0906 515 4456 Box No: 431781

MICHAELA, friendly housewife, 44 something, hopes to meet open minded discreet gent. AGA. Tel: 0906 515 3819 Box: 432888

SARAHLEY, young looking 38 yrs, tall, athletic, 31 female, CHOC, open-minded, varied interests, seeks tall male for genuine dates. Looks unimportant. Tel No: 0906 515 4456 Box No: 431689

KRIS, curly blonde with sassy personality. 34 yrs, new to area and hoping to hook up with an older chap. Colour vision unimportant. Text Only. Tel No: 0906 515 4456 Box No: 431781

JIMMIE, 31, sturdy looking 38 yrs, tall, athletic, 31 female, CHOC, open-minded, varied interests, seeks tall male for genuine dates. Looks unimportant. Tel No: 0906 515 4456 Box No: 431689

LINDA, 56, looks naughty boy for no strings free. AGA unimportant. Tel No: 0906 515 4456 Box No: 431631

HELEN, sophisticated, cultured lady, seeks mate/unseen for life's pleasures. Lives in London but can travel. Tel: 0906 515 3000 Box No: 430171

KEITH, 48 years old, male virgin in Surrey, seeks older, worldly wise experienced male, to teach me ALL she knows & more. Text only replies. Mailbox no: 431283

LURE, 48 yrs, male, building yard, hard worker, kind & caring. Just missing that special lady to care, love. Long term relationship. Text Only. Tel No: 0906 515 1116

OUTGOING, well groomed, generous, mature, interested participant would like to meet a lady (age 30s - 50s) a few times a month. Text only replies. Mailbox no: 4309170

SINGLE male, 53, lives alone, looks good, laughs, looking for a female to hopefully marry. She's a nice girl. Someone who knows what they want and likes for times. Tel No: 0906 515 4456 Box No: 431131

ELDERLY young, at heart male, looking for NSA adult fun, with one lady wanting to get away from daily pressures. Text only replies. Mailbox no: 4305360

I am a kind hearted, fun loving guy. I work hard and play hard. Love music, looking for a lady for some company. Text only replies. Box No: 431127

MALC, 71, 1971 male, likes most things in life, call very fit, fun going abroad. WLM, a nice lady, 65-70, for friendship to start with. Tel No: 0906 515 4456 Box No: 431319

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DAROL, 60, pretty blonde lady with a lovely personality. Loves most things in life & easy to please. Hoping to meet a gent who enjoys life, day out, company, romance. Call me. AGA. Tel No: 0906 515 4456 Box No: 431599

EMMA, 38, blonde, works in PR, long hours in London. Hoping to meet a gent who enjoys life, day out, company, romance. Call me. AGA. Tel No: 0906 515 4456 Box No: 431599

LINDA, 56, looks naughty boy for no strings free. AGA unimportant. Tel No: 0906 515 4456 Box No: 431631

HELEN, sophisticated, cultured lady, seeks mate/unseen for life's pleasures. Lives in London but can travel. Tel: 0906 515 3000 Box No: 430171

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WID, working class, chunky gay guy. XXL, straight acting. WLM, professional gent, 50+. Text Only. Tel No: 0906 515 4456 Box No: 430915

THOMAS, 40, looking for a boyfriend. 55-70. Two pull lists of interests so please give me a call. Tel No: 0906 515 4456 Box No: 430915

WHITE male, 50, looking for Black or Asian men only. Leave me a message so I can get in touch. Tel No: 0906 515 4456 Box No: 430915

WID, 50, looking for a boyfriend. 55-70. Two pull lists of interests so please give me a call. Tel No: 0906 515 4456 Box No: 430915

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THERE were several outstanding performances from Harlow Gymnastic Club at two recent prominent competitions.

Five top squad gymnasts represented the club at the prestigious Quattro Cup in Wiltshire, competing against over 500 elite gymnasts from the whole of England and Wales.

Competing in the level four age ten event, Millie Lynch (ten) attained the gold award for beam, and placed ninth overall after earning top ten positions for vault, beam and floor.

In the same event, Latton Green Primary School pupil, Selene Virga (ten), secured the silver award for vault, finishing in 16th position overall, after placing sixth on vault and tenth on

floor. Fawberts & Barnards pupil Lois Covill's (nine) turned in a dazzling performance to earn fifth place on floor and finish in 26th place overall in the level five age nine event.

There was more success in the level five age ten event where Miley Bex (ten) gained a silver award and eighth place on floor to finish in 20th position overall.

Also, in the same event, with top ten positions for vault, beam and floor, Ellie Hodges (ten) finished in 14th position overall, picking up bronze awards for both floor and vault. There was celebration at the East Region Levels Finals for Eliza Swanepoel and Lois Covill.

The duo qualified for the event following on

from their medal-winning performances at the Essex county levels. Competing in Ipswich, the pair represented Harlow and Essex against top performers from Suffolk, Essex, Hertfordshire, Cambridgeshire, Norfolk and Bedfordshire.

Eliza (ten) won the bronze medal on floor, achieved top ten positions on all disciplines to finish in sixth place overall. Lois (nine) scored top ten positions for beam and floor to finish in 12th place overall.

Club co-owner and head girls' coach Gordon Mitchell said: "There were some excellent routines from these gymnasts at two high-level competitions - we couldn't expect anything more from them, they've done us proud."

Hawks held to goalless draw

HARLOW Town saw their two game losing streak in the Bostik League Premier Division halted, as they earned a share of the spoils in a goalless draw at Corinthian Casuals on Saturday.

The Hawks were reduced to ten men after just 17 minutes when Taylor Hastings denied Gabriel Odunaike with a clear goal-scoring opportunity.

However, Harlow's defensive resilience, coupled with Casuals inability to create clear-cut chances, meant this match was only ever destined for a scoreless draw.

Hastings' sending off set the tone for the rest of the afternoon - a lofted through ball saw Odunaike sprint through on goal and his defender inadvertently tripped the forward, leaving referee Hugh Gilroy no option but to show red.

There wasn't much action in either box and in the second half saw one-way traffic for the hosts as the extra man told, but they weren't able to score.

This Saturday, Harlow host Haringey Borough.

Medals galore for Harlow judo stars

A TEAM of six young players from Harlow Judo Club travelled to the University of East London to compete in the London Area Grade Banded competition.

The young Harlow squad was represented by Millie Morgan, aged nine, Owen Lambert (13), Sorin Petrica (13), George Franks (12), Eli Baliski (nine) and Sam Cobbin-Brown (11). Five players fought in the Novice to 6th Mon (yellow belt) group and one player fought in the orange and green belt group.

Millie was up first in the girls section and fought magnificently in her weight group and was up against other red belts (up to 3rd Mon).

She won all her fights by waza-ari throw and hold and make a clean sweep of her category to take the club's first gold medal.

For the boys, Eli was also competing against other red belts. He lost his first fight, won his second but unfortunately was beaten in his third to drop him out of medal contention.

Franks went up a weight group and competed in the yellow belt section (up to 6th Mon).

Like Millie, he won the majority of his fights by waza-ari throw and hold to take him through to the final.

Here, he was up against a slightly stronger player who outfought him and he had to settle for the silver medal.

Petrica was the team's next competitor in the red belt section. Despite losing his first contest, he managed to win his next fight, but despite battling hard, wasn't able to win his final round and took a well

earned bronze.

Cobbin-Brown was the last player in the yellow belt section. He won all his four fights in great style by Ippon (maximum score) to secure the club's second gold medal of the day.

Lamberty competed in the orange and green Belt category. His quick thinking display of judo together with great ne-waza (ground work) during his four fights saw him take the club's third gold medal.medal and showed great judo techniques.

Coach Mick Ellis said: "I am very pleased with the team's performance - they all fought very well and listened to my instructions.

"However, there are some areas to work on - there's always room for improvement."

Millie also competed in the Mick

lefield Judo green belt and under competition held in High Wycombe. She won a gold in the U36kg category where she was competing with five other girls from a mixed group including yellow belts (up to 6th Mon).

Being only a 2nd mon herself, she faced heavier competitors from the under-represented U40kg section.

Millie won all five of her fights, two with an Ippon score and three by partial scores and hold downs.

The gold medal match, against another fighter who had beaten Millie on four previous occasions, was a particularly impressive win.

It lasted just ten seconds as Millie performed a huge counter throw from her opponent's first attack to score a dramatic Ippon and take the contest.

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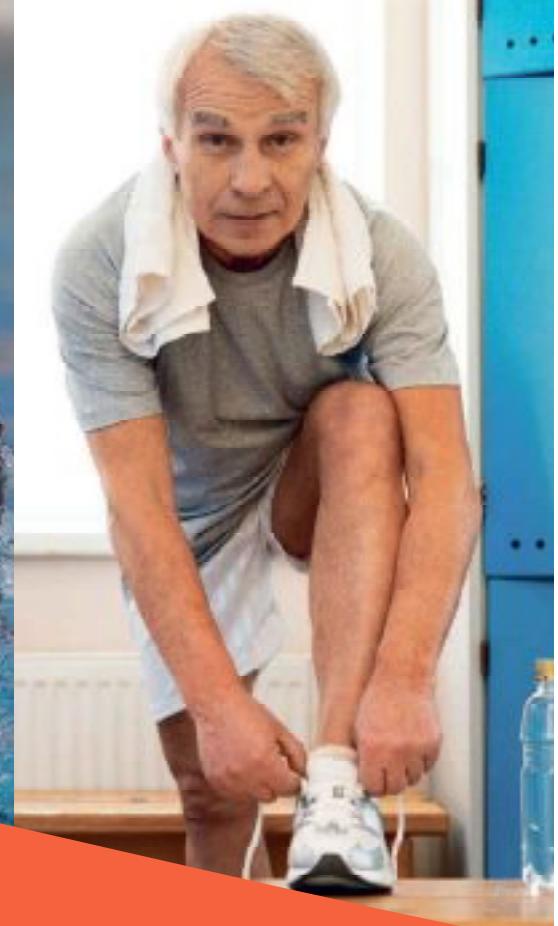
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- ❖ Aqua Ball Fun Swim and Aqua Jets are programmed into each School Holiday Children's Activity Programme
- ❖ Aquafit Mon 10.00 - 10.45, Thurs 11.15 - 12.00 & Aqua Zumba Wed 20.15 - 21.00
- ❖ Parent & Child, Adult, Children and 1-2-1 Lessons available throughout the week. Toddler Splash every weekday 11.30 - 12.30 - just drop in

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❖	Legs, Bums & Tums	Tuesdays	10.30 - 11.30
❖	Active Retired Chill Out Swim	Wednesdays	15:00 - 16:00
❖	Active Retired Chill Out Swim	Fridays	09:00 - 10:00
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